

# Maviga's Magnificent Eight

## PULSE RECIPES FROM AROUND THE WORLD

Pulses are a primary source of protein and carbohydrate for over two thirds of the world's population. Using each of our pictured pulses as the main ingredient, Maviga's Magnificent Eight is a collection of what we consider to be the best everyday pulse dishes from around the world. The recipes exemplify the rich diversity in the way pulses are used in the food people eat. High in protein and fibre, low in fat, free from any genetic modification and a crop rotation option which naturally fixes nitrogen into the soil, pulses are both an eco-friendly and healthy food choice. So making pulses a regular part of your diet makes a lot of sense.

**Cooking tip** Even after soaking overnight, the length of time it takes to cook pulses depends on their age. Recently harvested pulses will cook 10-20 minutes sooner than pulses harvested over a year ago, so check for 'softness' at regular intervals. A fully cooked pulse is bite-soft to its centre, but still intact.

### PHASEOULUS VULGARIS

Sugar, cranberry or light speckled kidney bean, 'borlotti' (Italian), 'barbania' (Turkish), 'bontshisi' (Zulu)

## Umngqusho (Southern Africa)

MAKES ENOUGH FOR 8-10 PEOPLE

450 grams of dried sugar beans

(use Maviga's Chinese Yian origin light speckled kidney beans, HPS quality)

450 grams of samp (de-germed and hulled white maize kernels)

2 medium sized white onions, peeled and sliced

5-6 cloves garlic, peeled and crushed

6 whole cloves

2 tablespoons of olive oil

1 teaspoon of allspice

½ teaspoon of freshly ground nutmeg

1 tablespoon of butter

Salt and freshly ground black pepper

Soak the sugar beans and samp in plenty of water overnight and drain. Cover with water, bring to the boil and then simmer until the beans and samp are nearly cooked (about 60-70 minutes). Add extra water if necessary. Season well with salt.

Whilst the beans and samp are cooking, sauté the onion and garlic in the olive oil until soft. Stir in the allspice and cloves. Add this mixture to the beans and samp and continue to simmer until the beans and samp are completely cooked (about another 15-20 minutes).

Season with nutmeg, salt and freshly ground black pepper.