

PULSES

THINK LIKE A CHEF



Professional chefs rely on an arsenal of techniques and ingredient knowledge to develop and build flavor. Luckily, those skills are easy to learn and translate well to the home kitchen. This means patients and clients can feel empowered to create healthy meals that taste great.

Pulses are naturally delicious. They provide earthiness and texture like no other food can. And while good on their own, they also taste great when introduced to other ingredients and cooking techniques. Employing these ingredients and techniques is especially important when cooking pulses. Think about it this way, all pulses rely on liquid for cooking. Plain water will get the job done but may leave you wanting more seasoning after the cooking process. Adding aromatics to the liquid, while the pulses are cooking, however, is how flavor is built. Building these layers of flavor is the secret in making any dish even more interesting and delicious.

Thinking about how you want to cook and flavor the food is the first step. From what oil to choose to when to add herbs, it all matters. Use this information to familiarize yourself with common cooking concepts, enhance the ways you enjoy pulses and incorporate them in more meals throughout the week.

Layer and build flavor with oils, aromatics, spices, herbs, salt, acid and cooking techniques.

OILS

Oil for Cooking

High heat cooking	For cooking at high temperatures (> 400°F)	Sesame, vegetable, sunflower, canola, avocado, peanut, light olive oil
Moderate to low heat cooking	For cooking at temperatures (< 400°F)	Sesame, avocado, grapeseed, extra virgin olive oil, unrefined coconut oil

Oil for Finishing/ Flavoring

No heat, used at room temperature	Added after cooking	Walnut, almond, extra virgin olive oil, toasted sesame oil, hemp seed oil, truffle, hazelnut
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AROMATIC COMBINATIONS

The Holy Trinity *United States, Southern-style cooking*
2 parts onion to 1 part green bell pepper and 1 part celery

Ata Lilo *West Africa*
Red onion, tomatoes, scotch bonnet pepper, and red bell peppers. Sometimes: ginger or garlic

Adu Lsan *India*
Ginger and garlic, turned into a paste

Mirepoix *France*
2 parts onion to 1 part celery and 1 part carrot

Sofrito *Puerto Rico*
Onion, garlic, culantro, aji dulce peppers, red or green bell peppers

Chinese Mirepoix *China*
Garlic, ginger, scallions

SPICES

The berries, seeds, barks or roots of plants that boost flavor which are available whole or ground.

- Cook first! Dry heat (toasting) or moist heat (also called “blooming” and typically uses fat) help create a strong, complex flavor

SALT

Salt heightens the flavors of the food, keeps meat moist and breaks down pectin in vegetables.

- Most common types used in the kitchen: kosher, table and sea (best for finishing, rather than cooking)

HERBS

Herbs are the fresh or dried herbaceous stems and leaves of the plant that boost and add flavor. At the proper time, they can be added to elevate dishes or meals.

- Use dry and hardy herbs at the beginning of cooking
- Use fresh, delicate herbs to finish
- Wash and fully dry before cutting/chopping fresh herbs

ACID

Acid brightens the flavors of the dish, adds contrast and balance.

- Examples: citrus juices, vinegars, buttermilk, wine, tomatoes

CHICKPEA FLATBREADS (SOCCA)

with Chopped Mediterranean Salad

Serves 4



INGREDIENTS FOR THE SOCCA

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| 1 cup chickpea flour (4 ½ ounces) | 3 tablespoons + 1 teaspoon olive oil, divided |
| ½ teaspoon kosher salt | 1 garlic clove, grated |
| 1 cup water | |

FOR THE SALAD

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| 3 Roma tomatoes, seeded and finely diced | 1 cup cooked chickpeas*, roughly chopped |
| ⅓ cup pitted Kalamata olives, chopped | 1 tablespoon olive oil |
| ¼ cup finely diced red onion | 1 tablespoon red wine vinegar |
| 1 cup finely diced seedless cucumber | ¼ teaspoon kosher salt |
| 1 cup chopped flat leaf parsley | ⅛ teaspoon cracked black pepper |

INSTRUCTIONS TO MAKE THE SOCCA

1. Move one oven rack to the middle position and place a 12-inch cast iron skillet or other heavy, oven-safe, non-stick skillet on it. Move the other rack to the uppermost position and preheat oven to 450°F.
2. Combine chickpea flour and salt in a large bowl. Whisk in water and 1 Tbsp. oil. Stir in garlic. Cover and let rest at least 20 minutes (and up to 4 hours).
3. Carefully remove skillet from oven and add 2 Tbsp. oil; swirl to coat bottom of the skillet. Pour in the batter, tilting the skillet to evenly distribute and cover the bottom. Bake until golden and edges are set, 10 to 12 minutes. Remove from oven, brush top with remaining 1 tsp. oil and return to oven, this time on the upper rack. Turn on broil and cook until brown in spots. Remove skillet from oven and carefully transfer socca out of the skillet to cooling rack.

TO MAKE THE SALAD

Combine tomatoes, olives, onion, cucumber, parsley and chickpeas in a large bowl. Add the olive oil, vinegar, salt and pepper; toss to coat.

TO SERVE

Cut socca into wedges or squares. Place salad in a serving bowl. Use socca for scooping salad.

INGREDIENT NOTE: If using canned chickpeas, be sure to drain and rinse before using.

INGREDIENT SWAP: Try this salad using any pulse! Swap in cooked lentils, Great Northern beans or black-eyed peas for the chickpeas.



SMASHED PINTO BEAN TACOS

with Pickled Red Onions & Smoky Chipotle Crema Slaw

Serves 4

INGREDIENTS FOR THE SLAW

- ¼ cup plain Greek yogurt
- 1 canned chipotle pepper in adobo sauce, minced + 1 teaspoon adobo sauce
- 1 teaspoon lime zest
- 1 tablespoon fresh lime juice
- ½ teaspoon honey
- ¼ teaspoon kosher salt
- ¼ cup chopped fresh cilantro
- 3 cups shredded coleslaw mix

FOR THE BEANS

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground cayenne pepper
- 1 can (15 ounce) pinto beans, drained and rinsed

FOR THE TACOS

- 8 corn tortillas, warmed
- 1 ripe avocado, diced
- 1 lime, cut into wedges
- Pickled onions

INSTRUCTIONS

1. Combine the yogurt, minced chipotle pepper and adobo sauce, lime zest, lime juice, honey and salt in a medium bowl and stir until blended. Add the cilantro and coleslaw mix and toss to coat.
2. Heat the oil in a small saucepan set over medium heat. Add the garlic, cumin and cayenne and cook, stirring constantly, until fragrant, 1 minute. Stir in pinto beans and ½ tsp salt, cover and cook 30 seconds, remove lid and cook, stirring occasionally, 2 more minutes. Remove from heat.
3. Top warmed tortillas with pinto beans, slaw and avocado. Serve with a lime wedge.

PREP TIP: Make the pickled onions one day in advance.

TO MAKE PICKLED ONIONS

Combine ½ cup warm water, ½ cup white vinegar, 1 tsp. granulated sugar and 1 tsp. salt in a large jar and stir until sugar and salt are mostly dissolved. Set aside. Thinly slice 1 small red onion and place in a bowl. Cover with 4 cups of boiling water, let sit 1 minute. Strain onions, and carefully transfer to the jar. Push onions down with a wooden spoon to ensure they're fully covered in liquid. Allow to cool before covering with a lid. Refrigerate until ready to enjoy.

COOKING TECHNIQUES

It is important to know when, where and how to build flavor with heat.

DRY HEAT

(baking, broiling, deep-frying, grilling, roasting, sautéing, searing)

- Transfer of heat to food without a water-based liquid resulting in caramelization or the Maillard reaction
- Maillard reaction is a chemical process where proteins and sugars are introduced to high heat (> 300°F) contributing to the browning and flavoring of food

MOIST HEAT

(braising, poaching, simmering, steaming, stewing)

- Transfer of heat to food using liquid (broth, stock, water, wine, etc.)
- Liquid cooks food and can add flavor

POPULAR PULSES AROUND THE WORLD

Pulses	Region	Dishes
Fava beans, lentils, chickpeas	Middle East	Hummus (chickpeas), Foul meddama (fava bean stew), mujadara (lentils, rice and onions)
Pinto beans and black beans	Mexico	Frijoles Charro (pinto beans)
Black beans, red kidney beans, pigeon peas, chickpeas, fava	South America	Feijoada (Brazilian black bean stew), Pabellon Criollo (black beans), Arroz Con Gandules (rice & pigeon peas)
Chickpeas and lentils	Spain	Lentejas (brown lentils), Potaje de Garbanzos (chickpeas)
White beans	France	Cassoulet (white beans)
Fava beans	Egypt	Ful medames (fava beans)
Borolotti beans, lentils, cannellini beans, chickpeas, fava beans, red kidney beans	Italy	Conchiglie con Fagioli Rossi (red beans), Pasta e Fagioli (cannellini beans), Farfalle con le Fave e Pecorino (Fava Beans), Zuppa di Lenticchie (lentils)
Black eyed peas, mung beans, red kidney beans	Africa	Harira (chickpeas and lentils), Waakye (black eyed peas & rice)

FOR THE HOME COOK

You can teach clients how to incorporate pulses into dishes they are accustomed to, like salads, pasta, burritos, tacos, casseroles, burgers, or soups. Here are ways they can add more pulses to their diet:

Tacos

replace half or all shredded beef, pork or chicken with cooked lentils

Lasagna

replace half or all ricotta cheese with pureed cannellini or other white beans

Sandwiches

replace mayonnaise with hummus or other bean spreads

Burgers

replace half or all ground beef with mashed pinto or black beans

Dressings & Baked Goods

use the liquid from canned chickpeas (aquafaba) in place of eggs

Soups

puree pulses in soups to thicken and make creamy

Smoothies

replace whey protein powder with pea protein in smoothies which adds protein and fiber and can make it a vegan option

Croutons & Salad Toppers

roasted chickpeas or lentils make for a crunchy, savory substitute for croutons

Pork

replace or pair with kidney, red, pinto, or black beans, brown or French green lentils, yellow or green dry peas

Poultry

replace or pair with white navy, white kidney, cannellini, or pinto beans, brown or red lentils, yellow or green dry peas, chickpeas

Red Fish

replace or pair with all white or pinto beans, red lentils, yellow dry peas

Beef

replace or pair with kidney, red, pinto or black beans

White Fish/Shrimp/Crab/Lobster

replace or pair with white kidney beans, chickpeas

Lamb

replace or pair with brown, French green, or beluga lentils

MENU INSPIRATION

Here are some common pulses and dishes that incorporate them:

Chickpeas

hummus, falafel, pasta noodles, salads, tacos, curry, burgers

Pinto Beans

bean burgers, chili, refried beans, burrito

Black Beans

black bean burgers, enchiladas, brownies

Kidney Beans

chili, refried beans, veggie soups

Great Northern

salads, chicken chili, soups, paired with fish

Green, Brown, Red Lentils

soups, chili, pastas

Green & Yellow Dry Peas

split pea soup, Khubuli