

human consumption pulses

Main Food uses of Pulses

Pulses are edible seeds of legume plants that are widely consumed globally. Each pulse has different uses as foods depending on location and preparation.



Chickpea (kabuli, desi)

- Cooked - whole Kabuli chickpeas are made into hummus, used in soups, curries, casseroles and salads or made into sweets and desserts.
- Snack food - Kabuli chickpeas are fried or roasted to make snack foods.
- Ground - after slow soaking, made into patties (falafel).
- Flour - Desi chickpea splits are ground into besan flour.
- Splits - Desi chickpeas are split and made into dhal. Are also fermented, deep-fried, toasted, baked, and puffed to make a range of products.
- Fresh - green chickpeas can be eaten as a vegetable.

Lentil (red, green)

Lentils don't require soaking prior to cooking.

- Cooked - whole green lentils are used in soups and casseroles. They are popular in majurra, a lentil and rice dish, as well as lentil soup. Also used to make patties or loaves. Lentils are used in commercial invalid and weaning foods.
- Splits - red lentils are used for making dhal, soups, purees, casseroles, patties and loaves.
- Deep-fried - as a snack food.
- Flour - combined with cereal flour to make breads and cakes.

Faba & Broad bean

- Cooked or baked - whole beans are used in soups, purees, baked goods, snack foods and in breakfast foods, or can be cooked into a thick gruel ('foul mudammes').
- Ground - uncooked beans ground with other ingredients make falafel or tameya.
- Sprouts - sprouted for use in salads and stir-fries.
- Fresh - sold fresh in the pod or frozen.



Field Pea (yellow, green)

- Split peas - dhal is made from dried, split yellow or green peas boiled with spices. Splits are made into pre-prepared soups (e.g. canned pea and ham) or as a food ingredient (e.g. baby food). Split peas don't require pre-soaking.
- Sprouts - dried peas are sprouted for use in salads and stir-fries.
- Fermented foods - cooked dried peas are fermented to make tempe.
- Snack foods - white field peas are sometimes fried to make snack foods.
- Yellow and green pea flour is used to produce extruded and fried snack products.
- Whole green ('blue') peas - make Mushy Peas, pies and other dishes.
- Fresh - immature wrinkled seeds are used fresh or as frozen green peas.

Lupin (narrow leaf, albus)

- Whole - mature, dried white (albus) lupins are used in many Middle Eastern dishes.
- Flour - lupin flour added to wheat flour can make bread, biscuits or pasta.
- Sprouts - Lupins can be sprouted for use in salads, stir-fries or pickling.
- Fermented food - cooked lupins can be fermented to make tempe (traditional Indonesian food), miso and natto (traditional Japanese foods).
- Snack food - lupins can be used as a base for snack foods.
- Fresh - the green immature seed has a similar taste and texture to green peas.

Mung bean

Mung bean starch is potentially a useful ingredient for products with high consistency under high temperatures. Mung bean protein can be used in food formulations that require high quality and easily digestible protein.

- Sprouts - common use is for sprouting.
- Splits - made into dhal.
- Flour - used to make noodles, breads, biscuits, mung bean cake and pappadams.

Replacing 5-10% of wheat flour with mung bean flour can improve the mixing properties of dough in bread-making.

- Cooked - used as mung bean soup and mung bean-rice porridge.
- Fermented - popular fermented foods are idli and dosa.

Navy ('baked') bean

- Canned - added to a basic tomato sauce for baked beans.
- Cooked - for soups, stews, baked beans and casseroles such as cassoulet.



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