Recipes
with Pulses
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Pulses are the products that were farmed and consumed first in the history of humanity and that have an important part in the food culture of communities.

The geography of our country is a part of the “Fertile Crescent” that is considered to be the gene center of pulses. According to archaeological findings it is known that chickpeas and lentils took part in the human nutrition in the Southeastern Anatolia Region during 7000 and 8000 BC.

Upon the suggestion and under the leadership of our Ministry on behalf of our country, Food and Agriculture Organization of the United Nations (FAO) has proclaimed the year 2016 as the “International Year of Pulses” for raising awareness regarding its contribution to ensuring the world food security, healthy life, poverty reduction, sustainable agriculture, and environment.

Pulses are indispensable foods that constitute the basic source of vegetable protein in a balanced nutrition. When compared to other vegetable foods, pulses have many advantages in terms of nutritional value. Thanks to their higher fiber content and lower fat content, pulses are today frequently included in the diets of people suffering from cardiovascular diseases and diabetes and in the programs for fighting against our age's illness; obesity.

As they have a rich content of energy, protein, vitamins, and minerals, they should be adequately consumed especially during the cold autumn and winter days when we need more energy and we should prepare meals for our children consisting of these foods at least three times a week.

In this reference book that has been prepared as a cultural service, you will find the delicious and healthy recipes with the low-cost materials that are available at any time.

M. Mehdi EKER
Minister of Food, Agriculture and Livestock
The risk of a coronary cardiac disease development for the people that consume pulses 4 times a week is 22% less than for the people those consume them once a week. They reduce total cholesterol level by 7%, LDL cholesterol level by 6%, and triglyceride level by 17% and they consequently lower the blood cholesterol and lipoprotein levels. Furthermore, their rich soluble fiber reduces cholesterol; magnesium and potassium reduce blood pressure, while folic acid lowers the blood homocysteine level.

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Pulses facilitate the control of blood glucose, delay the feel of hunger, provide the feel of fullness, and prevent obesity by reducing the food consumption because of their low glisemic index and rich fiber content. Besides, their rich fiber and phytochemical content prevents the development of certain cancer types due to their low saturated and unsaturated fat contents.

Suggestions
• Pulses should be consumed at least 3 times a week. (Generally, 90 grams per serving size)
• Especially, the people suffering from cardiovascular diseases and diabetes should consume pulses more frequently and regularly.
• The types of pulses consumed should vary.
• It is important to prepare pulses with appropriate methods. (Soaking, removal of external membranes, and cooking)
• Pulses should be consumed together with cereals to increase the protein quality.
• Pulses should be consumed with foods that have rich vitamin C content in order to improve the efficacy of their minerals.
• Development of ready-to-use products with pulses will help to increase their consumption.

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Cold Starters
Hummus

Ingredients

- 1 water glass of chickpeas
- 1 cup of tahini
- 1 lemon’s juice
- 3 table spoons of olive oil
- 2 cloves of garlic
- 1 tea spoon of cumin
- Salt and black pepper

Directions

- Wash the chickpeas and soak them overnight.
- Boil the soaked chickpeas in salty water until they take the shape of purée and remove their hulls.
- Mix all the ingredients in a blender and serve cold.
Ingredients

- 1 water glass of fine bulghur
- ½ water glass of black eyed peas
- 2 spring onions
- ¼ bundle of parsley
- 1 tomato
- 3-4 leaves of lettuce heart
- 1 dessert spoon of paprika paste
- 1 dessert spoon of tomato paste
- 1 lemon's juice
- 3 table spoons of olive oil
- Salt, black pepper, and chili pepper

Directions

- Wash the bulghur and soak it in enough water for 20 minutes to soften.
- Chop finely the onions, parsley, lettuce and peeled tomato.
- Mix all the ingredients and serve.

Note: Serve with pomegranate syrup for a better taste and image.
**Lentil Balls**

**Ingredients**

- 1 water glass of red lentils
- 1/2 water glass of yellow split lentils
- 1/4 water glass of fine bulghur
- 1 carrot
- 1 medium-sized onion
- 2 cloves of garlic
- 4 table spoons of olive oil
- 1 dessert spoon of tomato paste
- 1 dessert spoon of paprika paste
- Chili pepper, black pepper, dry mint, salt
- Parsley, roasted paprika, and spring onion

**Directions**

- Clean the lentils, wash with warm water and drain.
- Chop finely the onion and garlics, first peel and then grate the carrot and fry them all in olive oil.
- Add lentils and keep frying.
- Add the paste and hot water up onto its surface.
- Stir at medium heat and keep it on the stove until it drains its water.
- Take it off the stove after adding bulghur, spices and salt and cover the pot.
- Add the chopped parsley, roasted paprika and spring onion when it is cold. Serve cold.
Mashed Fava Beans with Orange

Ingredients
- 2 water glasses of fava (broad) beans
- 1 onion
- 1 carrot
- 1 water glass of orange juice
- 1 lemon’s juice
- ½ bundle of dill
- 4 tablespoons of olive oil
- Salt, black pepper

Directions
- Wash the fava beans and soak them overnight.
- Chop finely the onion, peel the carrot and grate and fry them all in olive oil.
- Keep frying after adding the fava beans.
- Add orange juice and hot water up onto its surface.
- Add lemon juice, salt and spices.
- Mix in a blender until it takes the shape of a purée.
- Add the chopped dill and serve cold.
Green Lentil Tabbouleh

Ingredients
- 1/2 water glass of boiled green lentils
- 1 water glass of fine bulghur
- 4 bundles of parsley
- 1 red Spanish onion
- 2 tomatoes
- 1 cup of pomegranate syrup
- 1 lemon's juice
- 1 cup of olive oil
- 1 pomegranate
- Black pepper, salt

Directions
- Wash bulghur and soften it with enough warm water.
- Chop finely the parsley, red onion, and peeled tomatoes.
- Add the green lentils and bulghur, and stir.
- Blend with salt and black pepper.
- Add pomegranate syrup, lemon juice, and olive oil and serve with pomegranate seeds.
Piyaz (Haricot Bean Salad) with Tahini

**Ingredients**
- 1 water glass of haricot beans
- 1 cup of tahini
- 1 onion
- 2 peppers
- 1 tomato
- 1 lemon’s juice
- 1 boiled egg
- 10 black olives
- ½ bundle of parsley
- 4 table spoons of olive oil
- Black pepper, salt

**Directions**
- Clean the beans and soak overnight, boil in salt water.
- Chop finely the onion, pepper and tomato.
- Mix all the ingredients with the beans.
- Add the egg, tahini, pitted black olives, finely chopped parsley, lemon juice and olive oil to this mixture.
- Add flavor with salt and black pepper.
**Barbunya Pitaki (Borlotti Beans in Olive Oil)**

**Ingredients**
- 2 water glasses of borlotti beans
- 2 cloves of garlic
- 1 onion
- 2 carrots
- 1 potato
- 1 tablespoon of tomato paste
- 1 cup of olive oil
- 2 teaspoons of sunflower seed oil
- 1 lemon’s juice
- ½ bundle of parsley
- Salt, black pepper, granulated sugar

**Directions**
- Wash the borlotti beans and soak overnight, boil gently in salt and lemon water.
- Chop finely garlic and onion, and dice the carrots.
- Fry the garlic, onion and carrots in olive oil and sunflower seed oil.
- Add tomato paste and fry for 1-2 min. Then add hot water.
- Add borlotti beans when it starts to boil.
- When nearly cooked add dice shaped potatoes.
- Add salt, black pepper and granulated sugar.
- When cooked, allow to cool and serve with parsley.
Black Eyed Pea Salad

Ingredients

- 2 water glasses of black eyed peas
- 3 spring onions
- ½ bundle of parsley
- 1 tomato
- 1 lemon’s juice
- 3-4 lettuce hearts
- 1 bundle of garden rocket
- 1 cup of pomegranate syrup
- 3 tablespoons of olive oil
- Salt, black pepper

Directions

- Wash the black eyed peas, soak overnight and boil.
- Chop finely spring onions, parsley, tomato, garden rocket, and lettuce hearts
- Mix all the ingredients and serve cold.
Ezme (Hot Spicy Dip Sauce) with Beans

**Ingredients**

- 2 water glasses of dry beans
- 2 tomatoes
- 2 long green peppers
- 1 lemon’s juice
- 2 tablespoons of paprika paste
- ½ bundle of parsley
- 2 cloves of garlic
- 2 tablespoons of olive oil
- Salt, black pepper, chili pepper

**Directions**

- Wash the beans and soak overnight.
- Boil in salt water until it takes the shape of purée.
- Finely chop all the ingredients with the help of a knife.
- Add olive oil, lemon juice, salt, black pepper, chili pepper and paprika paste to the chopped ingredients.
**Green Lentil Balls**

**Ingredients**

- 2 water glasses of green lentils
- ½ water glass of fine bulghur
- ½ bundle of parsley
- 1 cup of verjuice
- 2 dessert spoons of paprika paste
- 1 onion
- 1 cup of olive oil
- Salt, black pepper

**Directions**

- Clean and wash the green lentils.
- Fry the onion in olive oil and keep frying after adding the lentils.
- Add paprika paste and fry for 1-2 more minutes then add hot water.
- When the lentils are softened add salt, black pepper and fine bulghur and remove from the heat.
- When cooled add chopped parsley and verjuice and serve.
Mung Bean Salad

**Ingredients**
- 2 water glasses of mung beans
- 4 spring onions
- 2 long green peppers
- 1 bundle of parsley
- 2 tomatoes
- 5-6 sun-dried tomatoes (soaked)
- 1 lemon’s juice
- 3 tablespoons of olive oil
- Salt, black pepper

**Directions**
- Wash and boil the mung beans in hot salt water.
- Chop finely the onions, peppers, parsley, tomatoes and sun-dried tomatoes.
- Mix the chopped ingredients with boiled beans, salt and black pepper.
- Serve after adding lemon juice, salt, black pepper and olive oil.
Directions

• Wash the chickpeas and soak overnight.
• Boil and drain the soaked chickpeas and mix well in a blender with garlic, baking soda, salt, black pepper and lemon juice until it takes the shape of purée.
• Add chopped fresh coriander to the mixture.
• Shape into balls and fry in oil.
• Serve with yoghurt on top.

Note: You may serve with tahini instead of yoghurt.

Ingredients

• 2 water glasses of chickpeas
• 2 cloves of garlic
• 1 bundle of fresh coriander
• 1 teaspoon of baking soda
• ½ lemon’s juice
• Salt, black pepper
• 1 cup of yoghurt

Falafel with Yoghurt Sauce

Recipes with Pulses
Cacik with Chickpeas and Cracked Wheat

Ingredients

- 1 cup of chickpeas
- 1 cup of cracked wheat
- 1 kg yoghurt
- ½ bundle of dill
- 2 cloves of garlic
- Salt

Directions

- Soak the chickpeas and cracked wheat overnight.
- Boil separately in salt water until they soften.
- Dilute the yoghurt a little with water and serve cold after mixing with the chickpeas, cracked wheat, garlic, dill, and salt.
Dry Legume Salad

Ingredients

- 2 tablespoons of boiled corn
- 2 tablespoons of boiled cracked wheat
- 2 tablespoons of boiled chickpeas
- 2 tablespoons of boiled dry beans
- 1/2 lettuce heart
- 1 bundle of garden rocket
- 6 cherry tomatoes
- 1 lemon’s juice
- 2 tablespoons of olive oil
- 2 tablespoons of pomegranate syrup
- Salt, black pepper

Directions

- Chop finely the lettuce, tomatoes and garden rocket.
- Add flavor with lemon juice and olive oil to the corn, cracked wheat, chickpeas and dry beans.
- Mix all the ingredients with spices and serve with pomegranate syrup on top.
Corn Patty with Lentils

Ingredients

- 2 water glasses of boiled corn
- 1 water glass of boiled lentils
- 4 spring onions
- 2 tablespoons of flour
- 1 egg
- 1 dessert spoon of paprika paste
- ¼ bundle of dill
- 2 tablespoons of milk
- 1 clove of garlic
- 1 cup of yoghurt
- 1 cup of tomato sauce
- Red pepper powder
- Black pepper, salt

Directions

- Put the corn and lentils in a deep bowl.
- Chop finely the spring onions, garlic and dill and mix well with the other ingredients.
- Give shape with a spoon and fry in hot boiled oil or a deep frying pan at 180°C.
- Serve with yoghurt and tomato sauce on top.
Directions

• First soak the brined vine leaves in hot water for 2-3 hours, wash and drain.
• Grate the onions in a large bowl and pour olive oil on them.
• Add the green lentils to the bowl. Mix well with spices, salt and finely chopped parsley. (It will be raw for the filling)
• Put some filling ingredient on the limb and fold it like a roll with closing two sides of the leave. Keep doing it until it is finished.

Ingredients

• 500 gram Tokat vine leaves (brined)
• 1 lemon
• 3 tablespoons of olive oil

Filling Ingredients

• 2 middle sized onions
• 1-1.5 water glass of green lentils
• Parsley
• Black pepper
• Cumin
• Allspice
• Mint
• Salt
• 2 tablespoons of olive oil

Green Lentil Sarma (Stuffed Vine Leaves)
Sushi with Mung Beans

Ingredients
- 1 water glass of boiled mung beans
- 2 red peppers
- 4 nori leaves

Sushi Pilaf
- 2 water glasses of rice
- 1.5 water glass of water

Directions
- Mix the rice with water and cook in a pot.
- Take ¼ of sushi sauce and mix it with sushi pilaf and allow cooling.
- Rip the nori leaves in two, put pilaf, mung beans, and red peppers on them. Roll the leaves with sushi rolling mat and portion.
- Add olive oil and lemon slices on the rolled leaves and cook at a low heat in 5-6 glasses of hot water. (You may cover the rolls with a bowl smaller than the pot to keep the rolls in shape)

Sushi Sauce
- 4 tablespoons of granulated sugar
- 1 tablespoon of salt
- 1 tablespoon of rice vinegar
- ¼ water glass of mirin

*Mix all the ingredients, boil for 5 minutes and allow cooling.*
Sushi with Chickpeas

Ingredients

- 1 water glass of boiled chickpeas
- 5 yellow apricots
- 4 nori leaves

Sushi Pilaf

- 2 water glasses of rice
- 1.5 water glass of water

Directions

- Mix the rice with water and cook in a pot.
- Take ¼ of sushi sauce and mix it with sushi pilaf and allow cooling.
- Rip the nori leaves in two, put pilaf, chickpeas, and yellow apricots on them. Roll the leaves with sushi rolling mat and portion.
Sushi with Black Eyed Peas

**Ingredients**
- 1 water glass of boiled black eyed peas
- 5 black apricots
- 4 nori leaves

**Sushi Pilaf**
- 2 water glasses of rice
- 1.5 water glass of water

**Sushi Sauce**
- 4 tablespoons of granulated sugar
- 1 tablespoon of salt
- 1 tablespoon of rice vinegar
- ¼ water glass of mirin

*Mix all the ingredients, boil for 5 minutes and allow cooling.

**Directions**
- Mix the rice with water and cook in a pot.
- Take ¼ of sushi sauce and mix it with sushi pilaf and allow cooling.
- Rip the nori leaves in two, put pilaf, black eyed peas, and black apricots on them. Roll the leaves with sushi rolling mat and portion.
Mixed Sushi Varieties with Dry Legumes

Ingredients

- 1/2 water glass of boiled black eyed peas
- 1/2 water glass of boiled chickpeas
- 1/2 water glass of boiled mung beans
- 1/2 water glass of boiled lentils
- 5 black apricots
- 4 nori leaves

Sushi Pilaf

- 2 water glasses of rice
- 1.5 water glass of water

Directions

- Mix the rice with water and cook in a pot.
- Take 1/4 of sushi sauce and mix it with sushi pilaf and allow cooling.
- Rip the nori leaves in two, put pilaf, black eyed peas, chickpeas, mung beans, lentils and black apricots on them. Roll the leaves with sushi rolling mat and portion.
Kashkak Soup with Chickpea and Cracked Wheat

Ingredients

- 1 water glass of cracked wheat
- ½ water glass of chickpeas
- 2 tablespoons of flour
- 2 tablespoons of butter
- 1 small sized onion
- 100 gr boiled lamb (do not throw away the boiling water)
- 1 cup of milk
- White pepper
- Salt

Directions

- Soak the chickpeas and cracked wheat overnight and boil.
- Put the butter into the pot and fry the finely chopped onions.
- Add flour and fry for 2-3 more minutes.
- Add the boiling water of the lamb, water of cracked wheat and milk.
- Add cracked wheat and the chickpeas and boil them all.
- Shape the meat into fibers and add them to the mixture.
- Add salt and pepper and serve hot.
Bulghur Soup with Green Lentils

Ingredients

- 1 water glass of green lentils
- 1 water glass of fine bulghur
- 1 onion
- 1 carrot
- 1 potato
- 1 tablespoon of paprika or tomato paste
- 1 tablespoon of flour
- 2 tablespoons of butter
- ¼ bundle of parsley
- Salt, black pepper, red pepper flakes

Directions

- Dice the onion and carrot, sauté with butter.
- Wash and drain the bulghur, add it to the mixture and fry a little.
- Add paprika or tomato paste and fry for 1-2 minutes and then add flour and keep frying.
- Add water until it covers the surface.
- Add diced potatoes when it starts to boil.
- When it is about to cook add flavor with spices and add the boiled green lentils.
- Serve with chopped parsley.
Quartet Lentil Soup

Ingredients

- 1 cup of yellow lentils
- 1 cup of red lentils
- 1 cup of green lentils
- 1 cup of black lentils
- 1 onion
- 1 carrot
- 1 tomato
- 2 tablespoons of butter
- 1 lemon's juice
- 2 tablespoons of noodles
- Salt, black pepper

Directions

- Wash the lentils.
- Chop finely the onion and tomato, grate the carrot.
- Add butter to the pot and fry the onion and grated carrot, then add tomato and the lentils the latest and keep frying.
- Add water until it covers the surface and boil till the lentils soften.
- When the lentils are soften, add the noodles and boil for 1-2 more minutes, add spices and lemon juice. Serve hot.
Directions

• Soak the chickpeas overnight and boil in salty water until they soften.
• Clean the hulls of the boiled chickpeas and set-aside 20-30 chickpeas.
• Fry the finely chopped onion with butter and add the chickpeas.
• Fry for 4-5 minutes more and add water until it covers its surface.
• When the chickpeas take the shape of purée mix them with a blender.
• Let it boil again and add the previously separated chickpeas, cumin, salt, black pepper and chopped dill. Serve hot.

Ingredients

• 2 water glasses of chickpeas
• ½ bundle of dill
• 2 tablespoons of butter
• 1 onion
• 1 dessert spoon of cumin
• Salt, black pepper

Chickpea Soup with Cumin
Main Courses
Green Lentil Pancake

**Ingredients**

- 1 water glass of boiled lentils
- 1 onion
- 1 clove of garlic
- 2 tablespoons of butter
- 2 water glasses of flour
- 10 grams of yeast
- 1 teaspoon of granulated sugar
- 3 tablespoons of olive oil
- Salt, black pepper, chili flakes

**Directions**

- Sauté finely chopped onion, garlic, and lentils in butter.
- To give flavor, add salt, black pepper, and chili flakes.
- Meanwhile, make a well in the center of flour and add the yeast, olive oil, salt, sugar, and water and knead this mixture to obtain dough.
- Divide the dough into nearly 6 lumps, cover them, and let it rest at room temperature.
- Finely roll out the lumps and place the green lentil mixture in. Cook on a non-stick pan or baking sheet.

* If desired, you can prepare it with convenience phyllo.
Crispy Pastry with Borlotti Sauce

Ingredients

• 2 water glasses of boiled borlotti
• 2 phyllos
• 1 onion
• 2 cloves of garlic
• 1 carrot
• 2 tablespoons of butter
• 2 glaires

• ½ water glass of oil (for frying)
• Salt, black pepper

Directions

• Fry the boiled borlotti, onion, garlic and carrot in butter and make a purée.
• Add flavor with salt and black pepper.
• Divide the phyllos into six equal pieces. Place the mixture into each one of them and apply glaire to the ends and fold.
• Deep fry and serve hot.
Pastry with Mung Beans

Ingredients

- 3 water glasses of boiled mung beans
- 1 middle sized onion
- 1 teaspoon of thyme
- 1 teaspoon of chili pepper
- ½ teaspoon of black pepper
- 1 teaspoon of salt
- 1 package of puff pastry dough
- 1 egg yolk
- 1 tablespoon of poppy seed

Directions

- Chop the boiled beans with a knife.
- Chop finely the onion and sauté in a pan.
- Add spices and salt. Add the beans to the mixture and allow cooling.
- Enlarge the pastry dough a little with a rolling pin. Place a tablespoon of bean mixture on the dough.
- Shape the pastries and apply egg yolk and poppy seed on them.
- Bake in the oven at 170°C for 40 minutes. Serve hot.
Pastry with Mung Beans and Cheese

Ingredients
• 1 waterglass of boiled mung beans
• 1 onion
• 2 tablespoons of butter
• 100 grams of white cheese
• ½ bundle of parsley
• 10 lumps puff pastry dough
• 1 egg yolk
• 2 tablespoons of sesame
• Salt, black pepper

Directions
• Fry the finely chopped onions in butter and add the beans.
• Add salt, black pepper and chopped parsley and remove from the heat.
• Allow to cool and add white cheese.
• Place the mixture in pastry lumps and fold.
• Apply egg yolk and sesame on them.
• Bake in the oven at 170°C for 25 minutes and serve hot.
**Bulghur Pilaf with Green Lentils**

**Ingredients**
- 1 water glass of green lentils
- 2 water glass of coarse bulghur
- 1 onion
- 1 clove of garlic
- 2 long green peppers
- 1 paprika
- 1 tomato
- 3 tablespoons of butter
- 4-5 branches of fresh mint
- 1 tablespoon of paprika paste
- Salt, black pepper

**Directions**
- Wash the green lentils and bulghur.
- Chop finely the onion, garlic, peppers and tomato.
- Fry garlic, onion and the peppers in butter.
- Add the green lentils and keep frying.
- Add bulghur, paprika paste and chopped tomato to the mixture and cover with water.
- Add flavor with salt and black pepper.
- Cook bulghur and the lentils at a low heat until it boils down.
- Add roughly chopped mint, allow to rest and serve.
**Pilaf with Chickpeas**

**Ingredients**

- 2 water glasses of rice
- 1 water glass of boiled chickpeas (without their hulls)
- 3 tablespoons of butter
- 3.5 water glasses of meat/chicken bouillon and hot water
- Salt, white pepper

**Directions**

- Wash the rice with cold water and soak in warm salty water for 15 minutes, drain and fry in butter by stirring.
- Add salt, white pepper, boiled chickpeas and boiled water.
- Cook at high heat for 3 minutes, at medium heat for 3 minutes, and low heat for 3 minutes and remove from the heat.
- Allow to rest for 15 minutes. Then stir and serve.
Red Lentil Frik (Freekeh) Pilaf

**Ingredients**

- 2 water glasses of frik/freekeh
- 1 water glass of boiled red lentils
- 1 onion
- 2 long green peppers
- 1 tomato
- 2 tablespoons of paprika paste
- 3 tablespoons of butter
- 4 water glasses of meat or chicken bouillon
- Salt, black pepper

**Directions**

- Fry the washed and drained freekeh with finely chopped onion in butter.
- Add chopped peppers, paste and tomato and add flavor with salt and black pepper.
- Add red lentils, hot meat or chicken bouillon, cook by stirring.
Quinoa Pilaf with Meat and Chickpeas

**Ingredients**

- 1 water glass of boiled chickpeas
- 2 water glasses of quinoa
- 200 grams of lamb cubes
- 1 onion
- 2 long green peppers
- 2 cloves of garlic
- 1 tomato
- 1 tablespoon of tomato paste
- 3 tablespoons of butter
- 3.5 water glasses of meat or chicken bouillon
- Salt, black pepper

**Directions**

- Wash and drain the quinoa.
- Chop finely garlic, onion, peppers, and tomato, and fry them all in butter.
- Add small diced lamb cubes and quinoa, fry for 5-6 minutes and add tomato, tomato paste, salt, and black pepper.
- Add boiled chickpeas and water.
- When boiled down, serve hot.
**Ingredients**

- 2 tablespoons of boiled lentils
- 2 tablespoons of boiled mung beans
- 2 tablespoons of boiled cracked wheat
- 1 onion
- 2 long green peppers
- 1 tomato
- 2 tablespoons of butter
- 4 eggs
- Salt, black pepper, and chilli peppers

**Directions**

- Chop finely onion, peppers, and tomato, and fry the all in butter.
- Add lentils, mung beans, and cracked wheat to the mixture.
- Crack the eggs on it.
- Add flavor with salt, black pepper and chilli peppers and serve.
Pot Roast with Black Eyed Peas and Mung Beans

Directions

• Place the butter, shallots, garlics, and lamb cubes inside the hot pot.
• Place the black eyed peas and mung beans on the lamb.
• Add diced tomatoes and eggplants along with spices and a glass of water, and cover the pot with the lid.
• Roast in the oven at 200°C for 2 hours. Serve hot.

Ingredients

• 1 water glass of boiled black eyed peas
• 1 water glass of boiled mung beans
• 10 shallots
• 2 cloves of garlic
• 2 eggplants
• 250 grams of lamb cubes
• 2 tablespoons of butter
• 2 tomatoes
• Salt, black pepper, thyme

Recipes with Pulses
Ingredients

- 1 cup of boiled chickpeas
- 1 cup of boiled green lentils
- 1 onion
- 1 carrot
- 1 clove of garlic
- 2 tablespoons of butter
- 1 whole chicken (divided in two, deboned, top round, and chicken breast)
- Salt, black pepper

Directions

- Spread the chicken finely by a meat mallet.
- Dust some salt and black pepper on it.
- Fry diced onion, garlic and grated carrot in butter.
- Keep frying after adding boiled chickpeas and green lentils to the mixture. Add flavor with salt and black pepper.
- Place this mixture on chicken and roll.
- Roast in the oven at 170°C for 40 minutes.
- Cut it in the shape of donuts. Serve hot.
Meatballs with Chickpeas

Ingredients

- 1 waterglass of boiled chickpeas
- 300 grams of medium-fat ground meat
- 2 onions
- 2 long green peppers
- 1 tomato
- 1 tablespoon of tomato paste
- 2 tablespoons of butter
- 1 clove of garlic
- 2 tablespoons of rice flour
- 1 egg
- 1 dessert spoon of meatball spice
- Salt, black pepper

Directions

• Put crushed garlic, one grated onion, meatball spice, salt, black pepper, rice flour, and egg into ground meat and knead well. Allow to rest for 2 hours in the fridge.
• Make chickpea-sized balls when rested.
• Chop finely the other onion and fry in butter, and keep frying after putting pepper, tomato, and tomato paste.
• Add hot water, when it starts to boil pour the chickpeas and balls into it.
• After adding salt and black pepper, cook at a low heat. Serve hot.
Green Lentil Pie

Ingredients

For the Dough:
- 2 water glasses of flour
- 1 tea glass of castor sugar
- 5 tablespoons of butter
- 1 egg
- ½ package of baking powder
- ½ package of vanilla

Stuffing:
- 1 water glass of boiled green lentils
- 1 tea glass of dried mulberry (soaked)
- 1 tea glass of dried cranberries (soaked)
- 1 tea glass of crushed almond
- 1 tea glass of apricot marmalade

Directions

• Mix flour, castor sugar, and butter.
• Add egg, baking powder, and vanilla.
• Knead well.
• Roll out the dough with a rolling pin. Place in a mold. Prick with a fork.
• Combine all of the stuffing ingredients.
• Smoothly spread on the pie dough already placed in the mold.
• Bake in the oven for 25 minutes at 160°C.
• Allow to cool. Dredge with castor sugar and serve.
Green Lentil Emilia

**Ingredients**

For the Dough:
- 300 grams of flour
- 80 grams of castor sugar
- 150 grams of butter
- 2 egg yolks
- ½ package of vanilla
- ½ package of baking powder

For garnishing:
- Sesame, almond, hazelnut, peanut

**Stuffing**

- 300 grams of boiled green lentils
- 50 grams of chopped hazelnut
- 50 grams of currant
- 100 grams of brown sugar
- 50 grams of cream

*Mix stuffing ingredients

**Directions**

- Mix flour, castor sugar, butter, egg yolk, vanilla, and baking powder. Knead well.
- Roll out the dough with a rolling pin. Cut out with a round mold.
- Fill the cut out dough with a tablespoon of lentils mixture.
- Fold the dough in half. Press the edges with a fork (to prevent opening).
- Place on a tray and spread egg yolk. You may dredge with the ingredients such as sesame, almond, hazelnut, and peanut to garnish.
- Bake in the oven for 20 minutes at 180°C.
Apple Pie with Chickpeas

Ingredients

- 2 water glasses of boiled chickpeas
- 6 tablespoons of butter
- 1 water glass of granulated sugar
- 1 water glass of hazelnut powder
- 6 eggs
- 1.5 water glass of flour
- 1 package of baking soda
- 1 package of vanilla
- 3 Granny Smith (green apples)

Directions

- Crush the boiled chickpeas with a rolling pin.
- Blend butter and granulated sugar in a mixer.
- Add eggs separately.
- Add hazelnut powder, flour, baking soda and vanilla.
- Add crushed chickpeas.
- Place finely sliced apples on top.
- Bake in the oven at 160°C for 30 minutes. Serve warm.
Cup Cake with Mashed Chickpeas

Ingredients

- 2 water glasses of boiled chickpeas
- 6 tablespoons of butter
- 1 water glass of castor sugar
- 1 tea glass of sugar free cream
- 1 package of baking powder
- 8 eggs
- 100 grams of hazelnut powder
- 2 water glasses of flour

For Topping

- 300 grams of whipped cream
- 100 grams of melted white chocolate
- 4 tablespoons of sour cherry juice

Directions

- Mash well the boiled chickpeas with a rolling pin.
- Mix butter, castor sugar, cream, baking powder, egg, and hazelnut powder in a food processor.
- Add flour and fill this mixture in a pastry bag or mold.
- Bake in the oven for 18 minutes at 160°C. Allow to cool.
- Mix whipped cream and white chocolate with sour cherry juice.
- Squeeze out on cakes with a pastry bag and serve.
Bean Kuppe with Chocolate

Ingredients

• 2 water glasses of boiled dry beans
• 8 tablespoons of butter
• 1 waterglass of granulated sugar
• 1 waterglass of cream
• 1 package of baking soda
• 1 waterglass of yoghurt
• 8 eggs
• 1 dessert spoon of cinnamon
• 1 waterglass of cracked nuts
• 2 water glasses of flour

For Topping

1 tea glass of boiled dry beans
300 grams of bitter chocolate (melted)

Directions

• Blend the boiled dry beans in mixer. Add butter, granulated sugar, and cream. Whip for 5 minutes.
• Add baking soda, yoghurt, and eggs.
• Add cinnamon, cracked nuts, and flour. Mix well.
• Pour the mixture into ovoid cake mold. Bake in the oven at 160°C for 35 minutes. Allow to cool.
• Take the cake out of the mold and place a tea glass of boiled beans on top.
• Pour chocolate on it and serve.
Chocolate and Black Eyed Pea Cake

Directions

• Mash well the boiled black eyed peas with a rolling pin.
• Mix well black eyed peas, granulated sugar, and butter in a food processor and then add eggs.
• Add milk, sunflower seed oil, baking powder, and cocoa and whisk well.
• Gradually add flour to this mixture. Pour in a greased tray.
• Bake in the oven at 170°C for 30 minutes and allow cooling.
• Cut into triangle and serve.

Ingredients

• 2 water glasses of boiled black eyed peas
• 1 water glass of granulated sugar
• 6 tablespoons of butter
• 6 eggs
• 1 water glass of milk
• 1 tea glass of sunflower seed oil
• 1 package of baking powder
• 1 tablespoon of cocoa
• 1.5 water glasses of flour

Recipes with Pulses
Nomad Rice Pudding

Ingredients

- 1 liter of milk
- 1 water glass of granulated sugar
- 1 tea glass of boiled chickpeas
- 1 tablespoon of boiled wheat
- 1 tea glass of yellow raisin
- 0.1 gram of saffron
- 1 tablespoon of wheat starch
- 1 tea glass of water
- 1 teaspoon of pistachio or cinnamon

Directions

- Boil milk and sugar in a saucepan.
- Add boiled chickpeas, boiled wheat, and raisin to this mixture. Boil at low heat.
- Add saffron. Dilute starch with a tea glass of water and add to the mixture in saucepan.
- Pour this mixture in bowls. Dredge with cinnamon or pistachio and serve.
Ingredients

- 1 water glass of boiled chickpeas
- 1 water glass of boiled dry beans
- 1 water glass of boiled cracked wheat
- 1 water glass of granulated sugar
- 10 dried apricots (thinly sliced)
- 5 dried figs (thinly sliced)
- 1 tablespoon of black currant
- 2 liters of water
- 1 thinly sliced orange peel
- 2 tablespoons of wheat starch
- 1 water glass of water
- Pomegranate

Directions

- Put boiled chickpeas, boiled dry beans, and boiled cracked wheat in a saucepan.
- Boil in the saucepan granulated sugar, dried apricots, dried figs, black currant, and 2 liters of water at low heat.
- Add sliced orange peel.
- Dilute starch with a tea glass of water and pour in the mixture. Allow to cool mildly.
- Pour this mixture in bowls. Dredge with pomegranate seeds and serve.
Orange Cake with Chickpeas and Beans

Ingredients
- 1 water glass of boiled chickpeas
- 1 water glass of boiled dry beans
- 1 water glass of granulated sugar
- 1 water glass of sunflower seed oil
- 1 water glass of sugar free cream
- 1 dessertspoon of cinnamon
- 4 tablespoons of melted butter
- 100 grams of melted chocolate
- 6 eggs
- 1 water glass of flour

Directions
- Mix well chickpeas, beans, sugar, sunflower seed oil, cream, cinnamon, and butter in a food processor.
- Add melted chocolate and eggs and then flour. Pour in a springform pan. Bake in the oven for 25 minutes at 180°C. Allow to cool.
- Pour orange juice in a saucepan. Boil at low heat. Add granulated sugar. Mix starch, with one tea glass of water. Pour in the mixture and boil.
- Pour orange sauce over the cake. Allow to cool and then serve.
Cherry Pudding with Dry Beans

**Ingredients**
- 1 waterglass of boiled, chopped dry beans
- 2 water glasses of sour cherry juice
- 1 waterglass of canned sour cherry
- 1 tea glass of granulated sugar
- 1 tablespoon of wheat starch
- 1 tea glass of water

**For Topping**
- 1 waterglass of orange juice
- 2 tablespoons of granulated sugar
- 1 full tablespoon of farina (starch)
- ½ tea glass of water

**Directions**
- Put boiled beans, sour cherry juice, sour cherry kernels, and granulated sugar into a pot and boil them all.
- Dilute the farina with water. Pour into the mixture and boil.
- Pour the mixture into small bowls and allow cooling.
- Boil orange juice and granulated sugar.
- Dilute the farina with water and pour into the mixture.
- Before cooling, pour a tablespoon of this mixture over each sour cherry bowl.
Directions

• Blend well the chickpeas, beans, granulated sugar, oil, cream, cinnamon, and butter in a mixer.
• Add melted chocolate, eggs, and flour. Pour this mixture into a springform pan. Bake in the oven at 180°C for 25 minutes and allow cooling.
• For the sauce, boil granulated sugar, lemon juice, and water at very low heat until browning.
• Remove from the heat, and add chickpeas and beans.
• Place whipped topping on the cake and pour caramel mixture. Allow to cool and serve.

Ingredients

• 1 waterglass of boiled chickpeas
• 1 waterglass of boiled dry beans
• 1 waterglass of granulated sugar
• 1 waterglass of sunflower seed oil
• 1 waterglass of sugar-free cream
• 1 dessert spoon of cinnamon
• 4 tablespoons of melted butter
• 100 grams of melted chocolate
• 6 eggs
• 1 waterglass of flour
• Whipped topping

For Topping

1 waterglass of granulated sugar
½ lemon’s juice
½ tea glass of water
1 tea glass of boiled chickpeas
1 tea glass of boiled beans
Lentil, Mung Bean, and Pistachio Cake

**Ingredients**
- 2 water glasses of boiled mung beans
- 1 water glass of boiled red lentils
- 10 glaires
- 1 water glass of granulated sugar
- 1 tea glass of olive oil
- 2 tablespoons of butter (melted)
- 100 grams of melted chocolate
- 1 water glass of flour
- 1 package of vanilla
- 1 water glass of milk
- 1 water glass of rosehip marmalade
- 1 tablespoon of pistachio powder

**Directions**
- Mash boiled mung beans and lentils with a rolling pin.
- Whip glaires with a mixer until snow white. Add granulated sugar. Add boiled mung beans and lentils.
- Add olive oil to melted butter and stir. Add melted chocolate to this mixture.
- Add flour gradually by stirring.
- Finally, add vanilla and milk and stir mildly.
- Bake in the oven for 25 minutes at 170°C and allow cooling.
- Break the cold cake in two with a knife and spread rosehip marmalade on one part.
- Put the other part on marmalade spread part
- Pour some rosehip marmalade on this cake and then dredge with pistachio and serve.
Black Eyed Pea Pudding

**Directions**

- Boil well black eyed peas.
- Mix well milk, sugar, and yolk of eggs in a saucepan and boil.
- Dilute starch with a tea glass of water and pour in the boiling mixture.
- Add one package of vanilla to this mixture and boil well after adding black eyed peas as well.
- Pour this mixture in bowls and allow cooling.
- Garnish with hazelnut, pistachio and serve.

**Ingredients**

- 1 water glass of boiled black eyed peas
- 1 liter of milk
- 1 water glass of granulated sugar
- 2 egg yolks
- 1 tablespoon of wheat starch
- 1 tea glass of water
- 1 package of vanilla
- 1 teaspoon of hazelnut, pistachio
Directions

• Boil and wash well black eyed peas.
• Add milk, sugar, and vanilla to a saucepan and boil.
• Dilute starch with a tea glass of water.
• Pour in the boiling mixture by stirring.
• Divide the boiling mixture into two and add black eyed peas to one half.
• Add cocoa and chopped chocolate to the other half and stir.
• Half fill bowls with the chocolate pudding and fill the remaining half with the black eyed peas pudding. Allow to cool and then serve.

Ingredients

• 1 water glass of boiled black eyed peas
• 1 liter of milk
• 1 water glass of granulated sugar
• 1 package of vanilla
• 1 tablespoon of corn starch
• 1 tea glass of water
• 1 dessertspoon of cocoa
• 100 grams of bitter chocolate (chopped)
Thank you

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