



South America

Beans are a staple food for millions of people in the region and are by far the most produced pulse, followed by broad beans and lupines.

The International Center for Tropical Agriculture (CIAT) in the Colombian Department of Valle del Cauca, houses the largest quantity of germplasm of bean varieties preserved worldwide.

In countries like Bolivia, Brazil, Ecuador and Venezuela, beans are a dietary staple due to their high yield, low cost and high nutritional value.



Brazilian chef Helena Rizzo selecting pulses at the Pinheiros market (Sao Paulo, Brazil).

FAROFÁ CAMPEIRA WITH PIGEON PEAS*

PREPARATION:

1. SOAK BEANS FOR 24 HOURS AND DRAIN.
2. BOIL IN FRESH WATER FOR 1 HOUR 30 MINUTES WITH SALT AND BAY LEAF.
3. REMOVE FROM HEAT AND LEAVE TO COOL AT ROOM TEMPERATURE IN ITS COOKING WATER. WHEN COOLED, DRAIN BEANS AND SET ASIDE.

150 g PIGEON PEAS
1 BAY LEAF
140 g PUMPKIN DICED

40 g BUTTER
4 BOILED EGGS CHOPPED

20 YL EXTRA VIRGIN OLIVE OIL
200 g CORNMEAL

15 g CHOPPED PARSLEY
120 g RED ONION CHOPPED

200 g STREAKS BACON CHOPPED INTO SMALL CUBES
+ SALT

CHILI OIL

4. BLANCH THE DICED PUMPKIN IN BOILING WATER FOR A FEW SECONDS AND SET ASIDE.
5. PLACE OLIVE OIL, ONION AND BACON IN A HOT FRYING PAN AND FRY UNTIL ONION IS WELL-BROWNED.
6. ADD THE CORNMEAL AND BUTTER AND STIR TO A CRUMBLE CONSISTENCY.
7. MIX IN THE BEANS AND PUMPKIN AND ADD SALT TO TASTE.
8. SERVE WITH THE CHOPPED EGGS, PARSLEY AND A DRIZZLE OF AROMATIC CHILI OIL.

* SCIENTIFIC NAME: CAJANUS CAJAN

Recipe by chef Helena Rizzo

Pulses

NUTRITIOUS SEEDS
FOR A SUSTAINABLE FUTURE



Food and Agriculture
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INTERNATIONAL
YEAR OF PULSES