



# A World of Pulses



## East and Southern Africa

Pulses arrived in the region relatively late, probably with the Bantu tribes some 2 000 years ago. Today, beans of all kinds feature heavily in regional cooking.

Tribal cuisines combine some unique ingredients with pulses, for example, the Masai use cow's milk or blood and some tribes use insects sautéed with lima beans and sadza flour.

Nigeria is the leading producer of cowpeas.



Chef Veronica Jackson shopping for pulses at the Karatu market (Karatu, Tanzania).

**TRADITIONAL PLATE**  
*Maharagwe* <sup>\*BEANS</sup>  
SERVES 4

**HOW TO PREPARE:**

- 1) BOIL KIDNEY BEANS IN A POT OF WATER UNTIL SOFT. DRAIN, KEEPING THE WATER ASIDE.
- 2) PLACE ONION AND GARLIC IN ANOTHER POT AND FRY IN OIL UNTIL TENDER.
- 3) ADD THE MINCED MEAT AND COOK FOR 10 MINUTES.
- 4) ADD THE TOMATO, CARROT AND CORIANDER AND LIGHTLY FRY FOR 5 MINUTES.
- 5) ADD THE COOKING WATER FROM THE BEANS AND BOIL FOR 2 MINUTES.
- 6) REMOVE FROM HEAT, MIX WITH THE KIDNEY BEANS AND SERVE.

**INGREDIENTS:**

- 2 GARLIC CLOVES CRUSHED
- OIL FOR FRYING
- 2 CARROTS CHOPPED
- 1 ONION CHOPPED
- 1 CUP OF KIDNEY BEANS
- CHOPPED CORIANDER
- 1/2 KG OF MINCED MEAT
- 2 TOMATOES CHOPPED

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Recipe by chef Veronica Jackson

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NUTRITIOUS SEEDS  
FOR A SUSTAINABLE FUTURE



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