Pulses date back to 9,500 BC in this region and evidence suggests that farming systems pre-date even those of the Middle East. Today, chickpeas, beans, lentils and dry peas are the main pulses grown in South and Southeast Asia.

In Pakistan, one of the region’s largest consumers and producers of chickpeas, dry pulses are the most important source of vegetable protein.

Myanmar is the third largest global producer of pulses. Pulses are the second most important crop grown in the country, after rice.

Recipe by chef Zubaida Tariq.