



# A World of Pulses



## The Far East and the Pacific

Broad beans, beans and dried peas represent this region's top produce, with China producing 36% of the world's supply of broad beans.

There are also many varieties of dried pulses that are eaten locally in certain countries or regions, such as the ricebean, originating in New Guinea and consumed in southern China and Nepal.

In the East, pulses are also used to prepare desserts. Eight-treasure rice pudding is a Chinese dessert using walnuts and dry red beans.



Chef She Zengtai chatting with a neighbor outside the local market while shopping for pulses (**Beijing, China**) // Chef She making bean roulade at home.

### Yellow *SPLIT* PEA Pudding

**INGREDIENTS**

- 500g DRY PEAS
- 200g WHITE SUGAR

1. WASH THE PEAS AND PLACE THEM INTO A POT. ADD FOUR TIMES AS MUCH WATER AND BRING TO A BOIL.
2. REDUCE THE HEAT AND COOK UNTIL THE PEAS SPLIT.
3. DRAIN USING A COLANDER.
4. CRUSH THE PEAS TO A MASH AND ADD THE WHITE SUGAR, MIXING WELL UNTIL THE SUGAR HAS DISSOLVED.
5. POUR THE MIXTURE INTO A PUDDING FOAM TRAY.

THE PUDDING'S YELLOW COLOR AND THE RICH, PLEASING FLAVOR OF THE PEAS MADE THIS DISH A WELLKNOWN "ROYAL FAVORITE" OF THE QING DYNASTY.

Recipe by chef She Zengtai

# Pulses

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