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.