## Contents

**PRODUCT NEWS**

- 4 GROWING INFORMATION
- 6 CHEF MEMORIES
- 8 WHAT MAKES A PULSE A PULSE?
- 10 GLOBAL INSPIRATIONS
- 11 BLUE ZONES: THE PULSE OF LONGEVITY, HEALTH, AND DELICIOUSNESS
- 13 MEET THE GROWERS

**FOOD NEWS**

- 14 GRAB & GO
- 16 THE PROTEIN FLIP
- 18 PAIRINGS AND PLATFORMS
- 20 WHAT IS A FLAVOR SPONGE?
- 22 TRANSFORMATION KIT

**RESOURCE NEWS**

- 24 RECIPES MADE
- 26 HEALTH AND NUTRITION OF PULSES
- 27 SUSTAINABILITY AND MATHEMATICS OF PULSES
- 28 RECIPE GENERATOR

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**COOKING WITH LENTILS**

- All About Lentils
- Cross Utilization and Menu Plan-Overs
- Hummus, Dips, and Spreads
- Lentils in the Mediterranean Diet
  - Popped Lentils
  - Lentils in a Plant-Based Diet
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Growing Information

Pulse Plant Characteristics

Dry Peas
- Plant grows 30-36 inches tall
- Contains 4-9 peas per pod

Lentils
- Plant grows 24 inches tall
- Contains 1-3 lentils per pod

Chickpeas
- Plant grows 15-19 inches tall
- Contains 1 chickpea per pod

Dry Beans
- Plant grows 13 inches tall
- Contains 4-7 beans per pod

Growing Season
- Planted early May
- Harvested in their dry form mid-August
On my very first day in the world of food television, I helped produce a cooking show featuring lentils. Scanning through the recipes for the episode, I saw that we were preparing a red lentil soup, a French lentil salad, and then I was surprised to see that we were going to bake lentil cookies. I had always enjoyed pulses — everything from velvety hummus to rich split pea soup to traditionally stewed lentils. But I’d never tried pulses in baked goods, let alone baked them myself. Naturally, they were in my memory; it’s something that I have now made so many times over for my own child.

When they emerged from the oven-roasted “Ceci” is Italian for chickpeas, and “Start with the what?” I said. My friend immediately asked the waiter if we could start with the waiter’s hand, I was stunned to see a combination of flavors, textures, and aromas. This was my first real exposure to pulses but certainly not my last. Having experienced the sumptuousness of this stew, I immediately began to seek out others that I had glimpsed but not really tried to understand. Split pea soup, flagelleit stew, and hummus of all varieties were now something that I no longer avoided but rather embraced. These earthy flavors and creamy textures became a favorite of mine.

Being a half-Israeli, I grew up eating a variety of Israeli recipes from falafel, the famous fried chickpea balls, Mjudarna, a lentil and rice pilaf with fried onions, and my most favorite, Cholent, the dish I broke Sabbath with every Saturday night. Cholent was the food I looked forward to most of all as I grew older not only because of the immense amount of time it took to cook this dish, but mostly for the ritual behind it. Made from chickpeas, potatoes, eggs, onions, and what’s in Yiddish was called flaxen (one of the cheapest cuts of meat from old days, but which today you know as the premium beef short rib), this meal served four of us for the rest of the weekend for about $10 dollars. Born out of the fact that we did not cook during the Sabbath (as in Jewish tradition it is considered work), this stew would start on Friday before the Sabbath began, with my mother letting me layer the raw meat, eggs, potatoes, onions, and dried chickpeas into a big pot. She would season it, and she would give it a stir, then put it into a very low oven to cook for 12 or more hours. All night, and the following day, the house smelled comforting and safe.

My brother and I were always full of excitement, sleeping as though the next day would be Hanukkah or Christmas and the best present we could possibly get would be to dip into the Cholent.
What Makes a Pulse a Pulse
—and why you should care

BY SOPHIE ETAN

A subgroup of legumes, a pulse is the dry, edible seed of a plant from the Leguminosae family. Pulses include lentils, dry field peas, chickpeas, and dry beans.

Variety Guide

All pulses are seeds, and all seeds have a remarkable construction in which they are essentially food that exists to get a plant started. Packed with dietary fiber, vitamins, iron, protein, phytochemicals, antioxidants, and other nutrients, pulses are far from humble pods; they are nutritional powerhouses. With all that inherent goodness comes yet more exciting attributes: a wide, vibrant variety to choose from and a world of culinary opportunities.

<table>
<thead>
<tr>
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<th>BEANS</th>
<th>CHICKPEAS</th>
<th>DRY FIELD PEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole red</td>
<td>Navy</td>
<td>Kabuli</td>
<td>Split green</td>
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<td>Cranberry</td>
<td>Split yellow</td>
</tr>
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<td>Black</td>
<td>Kidney</td>
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Edible seed of a plant from the Leguminosae family.

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Edible seed of a plant from the Leguminosae family.
Global Inspirations

Even with such a large variety of pulses available, we often overlook that each one has its own unique flavor profile, aroma, texture, and cooking time. Each pulse has its own fingerprint and brings subtle differences to the plate.

The versatility of pulses has allowed chefs and cooks to experiment and create dishes with all flavor profiles and cuisine styles for centuries, with foods that offer great textures and mouthfeel, smells and aromas, temperatures from hot to cold, colorful combinations, and of course spicy dishes.

Pulses hit on all of the five main tastes, from sour dishes and pulse salads with vinegar-based dressings, to salty dishes flavored with salt pork, salt cod, or anchovies to dishes cooked with bitter flavors, to sweet dishes flavored with sugar syrups or honey.

Pulses have a major place in global cooking, contributing to many dishes around the world. They can be used as ingredients commonly used in many cuisines. Pulses are used in a variety of ways, such as vegetables, soups, stews, and stews, resulting in unique flavors and textures from cuisine to cuisine (see list at right).

Practicing cookery of pulses within global cuisines while using basic flavor principles and characteristics will help cooks to recognize and experience the tastes, flavors, textures, and authenticity of classic international dishes.

Some of my favorite preparations and flavor profiles

1. **Chinese**
   - Flavored with soy sauce, ginger, garlic, scallion, sesame oil, oyster sauce, and fermented soy beans

2. **Japanese**
   - Flavored with soy sauce, ginger, scallion, sesame oil, fermented soybeans, dashi, and sea vegetables

3. **Mexican**
   - Flavored with lime, cilantro, chiles, cucumber, roasted ingredients, tomatoes, and chocolate

4. **Mediterranean**
   - Flavored with olive oil, olives, tomatoes, garlic, saffron, herbs, wine, citrus, and nuts

5. **Moroccan**
   - Flavored with harissa, preserved lemon, ras el hanout, dried fruits, honey, or mint

6. **French**
   - Flavored with butter, herbs de Provence, leeks, mustard, shallots, garlic, or wine

7. **Latin**
   - Flavored with cumin, coriander, lime, peppers, dried beef, pork, cilantro, tomatoes, and other spices

8. **Italian**
   - Flavored with olive oil, basil, garlic, Parmesan, balsamic vinegar, lemon, wine, or oregano

Hidden in plain sight around the globe, researchers have discovered distinct communities where the local population lives measurably longer lives than most, without suffering the ravages of aging. These wellness anomalies, highlighted on the world map, have become known as the Blue Zones — currently there are five.

1. **Sardinia, Italy**
   - Demographers found the largest concentration of male centenarians in the world in small mountain villages.

2. **The Islands of Okinawa, Japan**
   - With a low incidence of cancer, heart disease, and dementia, women here are the longest living on the planet.

3. **Loma Linda, California**
   - Researchers studied a community of Seventh-day Adventists and discovered that they live an extra 10 years compared to the average American national.

4. **Nicoya Peninsula, Costa Rica**
   - A Latin American hot spot for longevity where residents are twice as likely to reach 90 compared to Americans, who, on average, live to be 78.8 years old.

5. **Icaria, Greece**
   - One in three lives into their nineties with very low incidence of the diseases that plague modern Americans.

In the Blue Zones, pulses are filling the void as animal protein moves to a supporting role for the sake of health, longevity, and economics. All manner of lentils, chickpeas, peas, and beans make regular appearances on Blue Zone menus offering an inexpensive source of nutrient-dense protein that is readily available, versatile, and satisfying.
Wild Rice and Lentils with Flaked Salmon

Loma Linda, street vendor in Mexico, with cooked beans, corn and squash seeds (the large leaves would keep weeds down and maintain moisture in the soil. From a nutritional standpoint, the soil, would grow synergistically the beans, which fix vital nitrogen into the soil, could climb the corn stalks like a trellis. The beans, which fix vital nitrogen into the soil, would grow synergistically with the corn — a notoriously heavy-feeder that might otherwise deplete the soil. And squash plants were placed strategically between the rows so that the large leaves would keep weeds down and maintain moisture in the soil. From a nutritional standpoint, beans, corn and squash seeds (the three sisters) represented ready, quality protein. Even today, pulses define Latin American cooking, appearing daily on menus from breakfast to dinner. It’s not unusual to find a Torta Ahogada (a Mexican “drowned” sandwich) from a street vendor in Mexico, with cooked beans spread across the bread along with cheese, avocados, and pork or chicken before being dipped wholly and completely in a broth chipotle sauce. Pulses on a sandwich may sound uncommon, but search it out and give it a try. It may be messy, but it is certainly delicious.

Blue Zones strategies can certainly be exported across borders. Tapiocada, a staple from the south of France, is a dip of capers and olives. It is great on cold fish and grilled vegetables or spread on warm, crusty, grilled bread. What you may not know is that for some the flavor is just too intense. To sat this right, try adding a coarse purée of cooked lentils to downplay its “enthusiasm.” Just right! And by happy coincidence this move boosts nutrient density. It is a win-win nutritional strategy that has no downside.

When renowned Chef Alice Waters first started using produce grown by Chino Farm in the San Diaguito Valley, it was due to her insistence that the ingredients she used at Chez Panisse were the product of someone’s hard work and that all good ingredients have a story to tell of their origins. She was the first American chef to publicize her love for her favorite growers and tell their stories to her customers. The culinary movement that she pioneered saw an outpouring of other famous chefs who would follow suit and publicly acclaim the philosophies of farmers nationwide. For the Chino family, that philosophy was and still is “dedication to the land and passionate commitment to good food.” But, how many chefs really travel to the source of those stories, and how many growers produce their crops with the chef in mind?

Corey Loessin, a pulse grower who runs Aidra Farms, a homestead-turned 7,000-acre farm in Saskatchewan, Canada will tell you that growing lentils and peas is not always easy but it’s well worth it when he considers the future these pulses have in the North American food world as a high source of protein and fiber. Corey explains how lentils and peas need cool and dry conditions to grow. The climate, less rocky soil conditions, latitude, and air quality of Corey’s Farm, all play a role in creating the perfect terroir for his crops to thrive. This is why Canada is the world’s leading producer of lentils. Corey realizes that he has chosen to grow crops that have had significance and longevity across the world of cuisine, as his lentils make their way to overseas markets of India, Turkey, and Bangladesh where he says they are prized for their beautiful and uniform appearance. And, while lentils and peas are great rotation crops for Corey, he would like to see his farm increase pulse production to more than 25% of his total output to keep up with the demand and ever-growing importance of plant-based diets found on menus today. He sees the future of his crops being higher in protein and having the versatility to be used in more innovative ways. For example, lentils as meat substitutes in classic dishes such as his wife’s famous lentil lasagna, or lentil flour used in baked breads.

Meet the Growers

Cindy Brown, a six-generation pulse grower for Chippewa Valley Beans in Wisconsin, says that her 3,000-acre family farm, which began in 1858 and has been growing and processing beans since 1969, is always looking to “do beans better.” Where other pulse growers might need aid and conditions for optimal results, her dark red kidney beans increase their depth of color and retain moisture better when intermittent rain falls right before harvest. Once considered a specialty crop, sales grew with the rise of salad bars and Bistro-Mix cuisine, which boomed in the 1990s. Cindy describes her beans as “beautiful” due to their unbroken skins, which is a result of dedicated special machinery used to harvest the crop carefully, the sandy soils in which they grow, and the moisture content they retain from the rain. As a food lover, Cindy is devoted to understanding how chefs can use her products better. As a grower she is particularly interested in ongoing research being done on the functionality of pulses in different product forms, whether whole, puréed, flour, or fractioned. One of her favorite ways to prepare beans is a butterscotch and rum boudino, a traditional caramel custard in which she includes a layer of her white kidney beans.

Among a growing list of celebrity chefs celebrating growers is Mehmet Gürs, a pioneering chef in Turkey who uses lentils grown in Thrace. According to Gürs and his New Anatolian Kitchen Manifest: “No Farmer, No Food, No Future,” the consideration that Chef Gürs gives to his lentil grower, who may only sell him one or two sacks of her lentils depending on the quality of the harvest, is to showcase the terroir in which her lentils grow, as well as her story about why she grows her lentils in the first place.

Almost 40 years after Chez Panisse opened its doors, the grower, as much as the chef, plays an important role in today’s menus. Pulse growers are driving many current culinary trends, helping to achieve more sustainable food practices, and even introducing us to new dishes, flavors, and cuisines.
Snacking is considered a habit for many in today’s busy world, but it has also become one of the latest trends in food service. Our fast-paced society demands that our eating patterns change to accommodate our schedules. Look at the cashier counter at your favorite coffee shop, corner market, or grocery store and you will find an array of easy-to-consume, grab-and-go offerings that range from snack bars and pastries to sandwiches and smoothies. Typically, these options are not as healthy as one may desire, but they are easy to consume at any time of day, and that is why there is such a high demand for them.

In a food world increasingly interested in a plant-based diet, it seems natural to phase in more healthful choices and start avoiding the usual suspects of the snacking world. Protein-rich and high in fiber, pulses are a natural fit for this category of dining because they offer more nutrients than almost all the other ingredients in these snacks combined.

It is becoming more and more popular to see protein-rich beverages at the checkout stand at your local supermarket. Pulse flours and proteins of all kinds, or simply puréed pulses, can be used in smoothies the same way that whey protein is used. This makes these beverages available to a wider market of consumers who may shy away from dairy. It also offers a potentially longer shelf life. Pulse flours can also be used in the production of sweet and savory snacks. The flour of various pulses can be mixed with all purpose wheat flour for a more nutritious yet just as tasty biscotti, with corn flour for more nutrient-dense tortilla chip, or even with whole wheat flour in crackers.

Granola and snack bars made of nuts, seeds, dried fruits, and chocolate are also very popular grab-and-go items. Lentils can make wonderful additions to a snack bar. When cooked and roasted, they have the similar pleasing texture as nuts and seeds, plus they add an earthy flavor reminiscent of cocoa or chocolate. And because of this, pulses have also found their way into healthier dessert snacks, especially those that contain chocolate. Take the Lentil, Avocado, and Peanut Butter Brownie (recipe on page 30) for instance. It has the same fudgy consistency of the traditional brownie, but without the butter or eggs, and with much more protein. This concept can be taken a step further and the same ingredients can be put into a blender with a banana, some dates, and your favorite juice for a delicious and nutritious beverage.

Aside from satisfying hunger, the particular thing about most snacks that makes them so craveable is their texture. Bags of crispy pretzels and crunchy chips are easy and affordable snacks that can be enjoyed at all times of the day. A great characteristic of certain pulses is that they are able to be cooked a number of ways that change their texture. Depending on the cooking technique, crispy and crunchy textures are easily achievable. Cooked lentils, for instance, can be crisped in a pan with a little oil to create popped lentils that, once cooled, can be seasoned with a variety of seasoned salts that make them just as addictive as any bag of chips. Soaked chickpeas can be fried in olive oil before being seasoned with BBQ spice to become a great snack. Ultimately, the added nutrient density of these snacks satisfies both hunger and the need for craveable texture at the same time. They provide high satiety, especially when compared to traditional snacks.

The market for using pulses in the grab-and-go sector of the food industry is wide open and offers tremendous profitability. If operators are willing to look outside the box of conventional, typical snacks and beverages and look towards pulses to provide both versatility and nutrition, the business opportunity is enormous. Consumers want interesting and healthy food throughout the day. And according to most trend reports in the food industry, snacking as a meal option is not going away any time soon — if ever.
The Protein Flip

BY DAVID KAMEN

Today’s health news is a cacophony of sound bites coming from all angles telling us to increase protein intake but avoid animal protein, and telling us that fat is not as bad as we thought. Except for animal fat. Aren’t all proteins the same?

As consumers become more savvy, they will begin to understand — as many people in food service already do — that there absolutely are differences between types of proteins, fats, carbohydrates, and even calories. This new thinking suggests that the numbers of calories that come from each nutrient group are less important than the quality of the calories from that group. Animal proteins are often associated with saturated fats and do not offer any kind of dietary fiber. Plant proteins are less likely to be associated with saturated fats, and do contribute dietary fiber, which is just as important a nutrient. This is not to say that animal proteins are to be avoided. Rather in the climate of changing menus, creating new concepts, and responding to consumer requests for more interesting regional dishes with bigger and bolder flavors, there is an opportunity to consider a Protein Flip.

The Protein Flip is very simply the switching of some or all of the animal protein for plant protein in a dish. While there really is no substitute for a big steak on the plate, the idea is to begin to rethink the plate away from a traditional center-of-the-plate protein.

American menus are often characterized by the center of the plate, typically a large piece of animal protein (pork chop, steak, chicken breast, salmon fillet, etc.) and the rest of the plate is then built around it. In other countries and cultures, animal protein is more often used as a less central ingredient, garnish or seasoning. Often due to cost or scarce availability, animal protein portions may be limited, but can still be the focal point of the dish.

Imagine instead of a 8-, 10-, or 12-ounce rib eye or strip steak on the plate, you were presented with a rich savory ragout made of kabuli chickpeas, caramelized onions, and roasted mushrooms with three or four thin slices of grilled marinated strip, or perhaps skirt or hanger steak fanned over the top. This modification offers all of the same savory grilled and caramelized flavors, and even adds some interest in the form of other textures, while reducing saturated fat and increasing fiber. This is a great example of the Protein Flip.

Pulses are great plant-based protein alternatives, and are often described as flavor sponges (see page 20) because they absorb flavors from other ingredients that they are cooked with. This allows them to be customized to specific dishes or be kept neutral to fit a variety of applications. When thinking about flavoring pulses, keep in mind that this process can happen long before cooking begins. Because pulses are used from their dry state, flavor can be added during the initial soaking stage. Dry chickpeas and beans will absorb their weight in water during soaking. Try seasoning the water or creating a light vegetable stock instead of using plain water. The soaking liquid should be cold so prepare it in advance and cool properly before soaking beans. Be very when using salt or acidic ingredients during soaking as they will interfere with the way pulses absorb liquid and inhibit the cooking process.

Think about the color and flavor of the meat being replaced when selecting a pulse substitute. Whole yellow peas and large white broad beans make a great alternative to chicken. Whole red lentils or red kidney beans can stand in very nicely for pork.

One easy way to make the change is to keep the dishes familiar. Offerings such as bean bourguignon, vegetable paella or chickpea jambalaya are great cross-over dishes that appeal to those looking for animal protein. Identifying global dishes that traditionally feature pulses and adjusting their flavors or styles offers another approach. Dishes from India and northern Africa are often built on pulses due to their abundance in the regions. Here perhaps, adding small amounts of a familiar animal protein may be what the dishes need to make them more interesting to meat lovers.

As with the steak example, there are a number of pulse preparations that can be used in the center of the plate to reduce the amount of meat. Lentil ragouts, purées, and even flavorful lentil cakes can make smaller amounts of animal protein seem more alive and impactful. Use these preparations to elevate the meat off of the plate, placing them closer to the eye will make them seem larger. Because you are using less, the meat that you are using can be seasoned more boldly.

Salads provide another platform for the Protein Flip. Pulses are very easily substituted for chicken in a number of salad preparations. Try chickpea falafel in lieu of fried chicken tenders or shrimp on a Caesar salad. In egg salad, as much as 25% of the egg yolks can be substituted for white bean purée reducing calories and saturated fat. In creamy salad dressings, bean purée can be substituted for eggs and a portion of fat.

As Fast Casual 2.0 matures, reinvented sandwich menus are making their way across the industry. Sandwich spreads based on pulse purées are an innovative way to introduce interesting flavors. Fat-based spreads like mayonnaise tend to mask flavors. Pulse spreads themselves can be full of flavor and enhance the identity of the other ingredients.

Swapping pulses for animal protein is not just a health and wellness issue. Using more pulses can provide large cost savings to any operation. In an earlier example, substituting falafel (chickpeas at $0.60/lb) for chicken breasts ($1.30/lb) can save nearly $0.15 per portion. While perhaps not impressive on one portion, the $15.00 savings on 100 portions is significant.

Contrary to what one might think, pulse-based alternatives are already denatured and coagulated during the processing, there is no thickening ability. However, this can be overcome by combining with starches like tapioca, or other proteins like pea powder.

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Salads, whose platform is chopped tomatoes and onions, can have hundreds of variations with the addition of beans, mangoes, corn, and cheese. And nachos, a huge food trend according to Flavor & the Menu, is a platform itself just waiting for traditional salsas and exotic ingredients to top each tortilla chip. For soup, the platform is the broth to which any number of noodles, meats, and vegetables can be added. For tomato sauce, and its hundreds of chunky, garden vegetable, cheese, and vodka variations, the platform is the ground tomatoes. And for granola bars, it is the oats, nuts, or seeds to which chocolate bars, dried fruits, and even trendy chile peppers are added. It is possible to create hundreds of variations of the same idea using these platforms, but it is also possible to use the platforms to create completely different dishes altogether.

Pulses, in their many forms, are perfect to use as a platform in any food service operation. They are simple and affordable, and they are a recognizable building block for menu development in any operation.

Pulses are also sponges for the flavors a cook pairs with them. They can be cooked in a flavorful liquid, or blended with herbs, spices, and flavorful oils. Cooked pulses can also be puréed for hummus, salsas, sauces, desserts, and breads. Pulses provide a great source of protein, but also have a longer shelf life in the refrigerator than most animal proteins. They are also better for峰值 for future use once cooked. Examples of pulses as platforms can be seen in some of the nation’s leading restaurant concepts including Mediterranean, Indian, or even Southwestern and African Cuisines.

Excitement can be generated for new preparations by showcasing the bounty of the seasons through Limited Time Offerings (LTOS). Pulses are not seasonal per se, but the ingredients they are offered with offer many opportunities to focus on the local growing season or cutting-edge food trends according to the BYO Bar— which tracks LTOSs around the world and is run by the Datasheet, a leading market research company. Customers make buying choices based on appeal, uniqueness, value, and the frequency they might purchase it. While cooked beans, lentils, and chickpeas are staple ingredients in many LTOSs, it is the seasonal preparations like chickpea and lentil hummus as well as peas and bean soups. A Pulse Bar can be an approachable BYO option that lets customers take their time and build the perfect meal. It’s a salad, snack, or casual dining experience that can be part of the meal and can include foods such as dazed and confused, cooked grapes, dressings, breads, cheeses, and greens. On the other hand, the BYO Bar would be the hummus section with an array of different pulse purées that have mix-ins such as spice blends from around the world, flavored oils, peas, and beans for dipping. The hummus bar has had success at restaurants such as Hummus Kitchen in New York and Rosa’s Thai Café in Chicago where customers choose from an array of toppings for their hummus. The BYO bar would consist of both split pea and black bean soups with mix-ins such as cucumbers, ham, bacon, sour cream, herbs, and spices. Lastly there could be crunchy pulses for snacking on their own or for use as a topping for texture such as popped lentils, fried chickpeas, and wasabi-peek spice.

This delivery of pulses also fits very well into an LTOS strategy because ingredients in the Pulse Bar can change with the seasons and include specialty flavors and ingredients that are only available locally, like chickpeas, or twice a week since lentils are resilient, and do not change in texture or flavor when stored properly.

Pairings and Platforms

Consumers love the ability to make choices about the foods they eat. Take, for instance, the sheer number of granola bars that line the shelves of supermarkets. There are so many choices that it is almost baffling. Yet, what makes each of these products so accessible, in terms of creating as many varieties as there are, is the fact that each of them are made from a very basic formula that can be replicated, added to, and subtracted from to create new and exciting creations. This base formula or individual ingredient is what we call a platform. It can be used in restaurant and foodservice operations very successfully to efficiently create excitement and diversity.

Chickpeas, a fast-casual Mediterranean franchise based in Davis, California, uses chickpeas across their menu in salads, flatbreads, and most notably, their hummus platters. They use chickpea hummus as a platform and offer six different menu options for toppings: such as mushrooms, onions, beans, and grilled meat to pair with their hummus, all at different price points. As a franchise, owner-operators may have the ability to offer regional or seasonal flavors that suit the needs of their local customers. For instance, late winter in California is Meyer lemon and blood orange season, which are natural and fresh flavors that could be offered for a limited time. Salads can also take on a seasonal or LTOS approach by offering chickpeas paired with tomatoes, grilled eggplant, and cucumbers in summer, and roasted onions and winter squash during the fall. Or, like the pumpkin spice latte served in coffee houses across the nation, perhaps a “Fall Harvest Hummus” that uses chickpea purée as a platform to which roasted pumpkin purée is also added.

Certain food service operations, such as Chipotle Mexican Grill or MOD pizza, run on a Build Your Own (BYO) model, where a platform is wrapped in a flavorful oil and meat at Chipotle, or the pizza crust or salad greens at MOD, allows patrons to customize their dishes to their specific likes and dislikes. Pulses provide a great source of protein, but also have a longer shelf life in the refrigerator than most animal proteins. They can be used in anything from bar snacks such as dazed and confused, fried chickpeas, and wasabi-peek spice.

Another food trend that is good news for the Pulse Platform, as per to the National Restaurant Association, is “Authentic Ethnic Cuisine.” These days, consumers are traveling more often and to more exotic places than ever before and they are much more aware of authenticity when they dine at restaurants back home. An example of a pulse-forward cuisine is Indian food, which is well known for its use of lentils. In San Francisco’s Bay area, there is a small chain of “authentic restaurants known for their lentil preparations, called Udipi Palace. They use lentils to make their famous dosa pancakes, fried lentil doughnuts called vada, rice and lentil patties called idli, and spicy lentil soup called Sambar (which they serve also as a sauce). A very busy restaurant like Udipi Palace wouldn’t need to cook lentils every day, but rather once or twice a week since lentils are resilient, stable, and do not change in texture or flavor when stored properly.

With so many cuisines around the world — Indian, Mexican, Middle Eastern, and even Southwestern and African Cuisines — how does a pulse-forward restaurant offer a wide variety of dishes? One way to do this is by using a Pulse Bar where customers choose from an array of toppings for their hummus. The Pulse Bar has had success at restaurants such as Hummus Kitchen in New York and Rosa’s Thai Café in Chicago where customers choose from an array of toppings for their hummus. The Pulse Bar would consist of both split pea and black bean soups with mix-ins such as cucumbers, ham, bacon, sour cream, herbs, and spices. Lastly there could be crunchy pulses for snacking on their own or for use as a topping for texture such as popped lentils, fried chickpeas, and wasabi-peek spice.

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**What is a Flavor Sponge?**

By Sarah Linkenheil

From the Stone Age to the Middle Ages, and even today, the preparation of pulses has not changed drastically. Traditionally, pulses — lentils, dried peas, chickpeas, and dried beans — were mostly eaten as porridge and oftentimes combined with grains such as barley and wheat. While the result was nutritious and filling, it often wasn’t very flavorful. Animal protein was an expensive and rare addition to peoples’ diet; more exotic ingredients had yet to be introduced to common food culture. Today, it seems hard to imagine indulging in a nutritious bowl of porridge without the exciting addition of produce, spices, or other condiments widely available on the market today.

All pulses, whether lentils, chickpeas, beans, or peas, have their own distinct flavor. Depending on how it is being processed, whether whole or split, the flavor can be heightened or muted. The flavor and texture attributes of various types of beans and peas range from the soft seedcoat — therefore, whole lentils will tend to have more flavor than split red lentils — to velvety and creamy textures. Depending on how it is being processed, whether whole or split, the flavor and texture of various beans and peas range from the soft seedcoat — therefore, whole lentils will tend to have more flavor than split red lentils — to velvety and creamy textures.

Lentils are naturally earthy and robust. Without a seedcoat, split red lentils break down to a puree consistency when cooked over a short amount of time. Texture plays a very important role in how we perceive flavor. By examining cuisines that heavily rely on pulses, we can determine if it is the pulse or the cooking method that allows for maximum flavor absorption.

Many cuisines around the world use pulses as the center of their plates, relying on their flavor absorbing ability to create a delicious meal. Famous examples include Brazilian feijoada cooked with black beans and smoky pork, Indian dal spiked with curry, or Middle Eastern falafel rich with herbs and garlic. Recipes from these regions offer a bounty of flavor combinations for all kinds of pulses to absorb a vast variety of flavors and ingredients. Baking, stewing, and simmering are the most effective cooking methods for pulses to build flavor. They act like a sponge absorbing the cooking liquid. This can be as simple as flavored stocks or even water with basic aromatics like carrot, onion, celery, thyme, garlic, and bay leaves. When using store bought stocks refrain from using those flavors of the product develop slower and with greater depth.

Want to bring the natural flavor of the pulses into the foreground? Pulses can be slow cooked in plain cooking liquids until almost tender and then finished with a flavored seasoning towards the end of the cooking process. This will ensure they are fully cooked and they will still combine with any beautiful flavors added at the end of cooking. Chef Hemant Mathur of Tuti restaurant enjoys cooking lentils with a seasoning of ginger, garlic paste, tomato puree, salt, chili powder, butter, and cream. He says they are so rich and delicious that it is one of the most popular items in his restaurant. This method also works for cold preparations. The pulses are cooked and tossed in vinaigrettes or fresh herbs and spices when warm. The warm temperature helps the flavors evolve and combine with the earthy notes in the pulses. After being cooled, they can then be served as a lentil slow cooked salad or as an addition to a leafy greens salad.

Chef Pam Brown, author and visiting instructor at the CIA, says “I really like cooking lentils until they’re soft, then combining them with vegetables — little or no animal protein, or can be shaped into hamburger patties that can be seared like meat for a blast of umami.

Pulses can be simmered in a mildly flavored liquid and then puréed and finished with a variety of additions. Hummus has found a large following in recent years as an excellent dip and spread. Consider cooking chickpeas and flavoring hummus afterwards with curry, garlic, lime juice, and onions. Or turn a simple hummus into a delicious dip by adding basil chiffonade, diced cucumber, crumbled feta, and red onions. Smooth purées have an incredible ability to offer great depth of flavor and texture.

In Turkey, crispy baked chickpeas are known as kisir. From the early seasonings such as zalata, Parmesan, garlic, malt vinegar powder, or flavored oils can all be added for intense flavor enhancements. Pulses can also be ground into flour to provide an exciting option to infuse preparations with additional flavor.

Chickpea flour is being used for a variety of staple preparations in parts of Asia and Europe. Pastis is a delicious snack from the South of France. It is made from chickpea flour cooked just like polenta, cooled, cut into a variety of shapes and then fried. Italian preparations farinata, an unleavened pancake often served as an accompaniment to salads or sometimes just on its own. It can be used to create thin, nutty sweet wraps which then can then be filled with pumpkin purée, avocado, spinach, and quinoa. Blogger Malika Basu prepares “svada,” light and satisfying chickpea crepes with cilantro, green chilli, and ginger, and serves them as a quick and simple breakfast item. While there are endless options for using pulses in savory applications, consider using pulse purées and flours for desserts and baking purposes. Quinua, the grain from Portugal are a popular sweet pastry made with a filling of white bean puree, butter eggs, sugar, almond paste, and vanilla. These especially moist and sweet tarts are a delightful treat. Using lentils or black beans for brovieres and chickpeas for a fali spiced apple cake are wonderful dessert applications using pulses. The smooth texture of pulse purées opens the pulse base up for any type of flavor absorption.

Using pulse flours as sauce and soup thickeners, for baking, or as binders for vegetable fritters, offers an amazing alternative to the traditional binders while packing dishes with deliciousness and healthy plant-based protein. Chef Mary Sue Milliken and Susan Feniger of Border Grill in Los Angeles create vegetable fritters with chickpea flour that’s packed with flavors of coriander, cumin, red pepper flakes, turmeric, and cayenne. They look and feel like crispy, crunchy fritters, and are crispy, crunchy and deep-fried, but not in the way you think. With the addition of pulse purées, especially with the addition of a touch of olive oil.

These are moist, organic, musty, soil-rich flavors often found in root vegetables, earthy wines, and of course, pulses.

Using pulse purées and flours for desserts can be recreated by carefully roasting pulses.

These are soft, delicate, or ‘quaint’ tastes, often put to good use as the foundation for a dish. Muted flavors can play essential supporting roles in a recipe, letting key ingredients shine.

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The amazing ability of pulses to meld with infinite tastes and textures makes them a truly versatile component. Spicy, sour, sweet, or savory, pulses are a delicious addition to any dish.

Deliciously savory and “mouth-filling” famously difficult to describe, umami is the fifth taste. This elusive taste is surprisingly easy to create when making pulse purees given the proteins they contain.

**Flavor**

**Texture**

**RICH FLAVOR**

Chicken-Stock
Cilantro Oil
Garlic

**LIGHT TEXTURE**

Hummus
Fresh Herbs

**FULL TEXTURE**

Stewed Lentils
Mirepoix

**DELECTABLE FLAVOR**

Fish Stock
Lemon Juice
Aragonato

**SPICY FLAVOR**

Pancked Cannellini Beans

**TASTING GLOSSARY**

1. MOUTHY
2. SMOKY
3. VELVETY
4. EARTHY
5. MUTED
6. CREAMY
7. SMOKY
8. UMAMI

Long lasting, hearty, chewy, and full of savory umami flavor, pulses can be seared like meat for a blast of umami.

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**1. MOUTHY**

Classic savory flavors commonly found in hawkins, pecans, and toasted butter can also be recreated by carefully roasting pulses.

**2. SMOKY**

Deep, rich, and sometimes deliciously fatty, these flavors can be created with a Midwestern-bred weaving of pulse products.

**3. VELVETY**

Soft, light, airy, yet rich enough to create a mouthful. Velvety textures are easy to create with pulse purees, especially with the addition of a touch of olive oil.

**4. EARTHY**

These are moist, organic, musty, soil-rich flavors often found in root vegetables, earthy wines, and of course, pulses.

**5. MUTED**

These are soft, delicate, or ‘quaint’ tastes, often put to good use as the foundation for a dish. Muted flavors can play essential supporting roles in a recipe, letting key ingredients shine.

**6. CREAMY**

Soft, light, and slightly creamy in texture, a creamy presence in any dish imparts notes from the bottom end of the dairy spectrum.

**7. SMOKY**

Umami, smoky, and carbonic, oftentimes equated to the flavor of bacon. Smoky flavors perfectly compliment the meaty and earthy tastes common to most pulses.

**8. UMAMI**

Deeply savory and “mouth-filling” famously difficult to describe, umami is the fifth taste. This elusive taste is surprisingly easy to create when making pulse purees given the proteins they contain.
Transformation Kit

BY ZACHARY MINET

Pulses are one of the most versatile ingredients in the pantry — with the right techniques and the right equipment, you can transform them into an infinite selection of textures and flavors.

1 CRISPING

POPPING LENTILS
Traditionally, lentils are prepared tenderly, slow-cooked in liquid. But once they’re cooked, they can be fried in hot oil providing a popped, crispy pulse perfect for adding crunch and crispness to any dish.

CRISPY WHOLE CHICKPEAS
U.S. diners are most familiar with chickpeas in the form of hummus. However, cooked whole chickpeas can be roasted in the oven at a high temperature, producing a crisp exterior with a creamy, tender interior.

DREDGING WITH CHICKPEA FLOUR
Often cooks dredge their fried foods with flour, but chickpea flour offers an equally crispy, more flavorful option for providing fried foods with a crispy crunch.

2 PURÉEING

BLENDERS
If you look beyond your average food processor, you can achieve truly incredible purées, infinitely silkier than anything you ate growing up. Use a cavitation blender — like a Vitamix — to produce a light, perfectly smooth purée. An added bonus: These blenders are incredibly capable of emulsifying large quantities of oil into the pulse purée. Beyond adding flavor, additional oil can improve mouthfeel and moisture perception.

PACO JET
For the ultimate in smooth purées, professional cooks employ the Paco Jet. This machine requires you to freeze the product and then processes it into a purée smoother than any other technique is capable of producing.

3 THICKENING

LIGHTER IMPACT
Gram for gram, pulses don’t have the same thickening abilities as most starches, but that very property can provide cooks with an incredibly elegant option: adding pulse purées to soups and sauces for great mouthfeel, flavor, and light thickening. A smooth Vitamix-blended pulse purée can delicately tighten a sauce, while split lentils and split peas can provide heartier thickening for soups.

HYDROCOLLOID
Likewise, chickpea flour has been used for decades as a healthy, flavorful, hydrocolloid (liquid thickener).

Transformation Recipes

POPPED LENTILS
YIELDS 1 CUP

INGREDIENTS
Canola oil 2 oz.
Whole green lentils cooked, drained 1 cup

PREPARATION
Heat a skillet on medium high heat with the oil and add the lentils. Swirl the pan around and toss the lentils in the oil. Season with salt and pepper if desired.

Click here to view recipe video.

CRISPY ROASTED LENTILS
YIELDS 1 CUP

INGREDIENTS
Split red lentils 1 cup

PREPARATION
Soak lentils for 1 hour. Drain water, then roast at 350˚F for 20 to 25 minutes. Cool.

Click here to view recipe video.

LENTIL PURÉE
YIELDS 3-4 CUPS

INGREDIENTS
Split red or whole green lentils, rinsed 1 ½ cups
Water 4 cups

PREPARATION
Bring lentils and water to a boil. Cover and simmer for 7 to 9 minutes for split red lentils, or 20 to 25 minutes for whole green lentils. Drain, reserving the liquid. Add ¼ cup of the lentil liquid back into the lentils. Purée in a blender or food processor until smooth.

Click here to view recipe video.
Pulse FAQs

1. **Do I need to sort dry pulses?**
   Yes, it’s important to sort through dry pulses before cooking. Using the largest sheet tray you can find, lay them out in a single layer and scan through them to identify any small pebbles or foreign objects. Once sorted, give them a rinse.

2. **To soak or not to soak?**
   While lentils are quick-cooking pulses, you can shorten the cooking times of beans, whole peas, and chickpeas by soaking them before cooking. Medium-sized pulses can absorb up to half of their total weight in just two to three hours of soaking. They can absorb a full 100% of their weight over 12 hours of soaking.

3. **Salt or no salt?**
   Adding salt to the soaking water will actually speed up cooking time, though adding salt to the cooking water can slow the cooking time slightly. Contrary to popular belief, salt will not cause the seed cases to crack. A dilution of 1% works great for pre-soaking (about 10 g/liter or 2 tsp/quart) and helps boost flavor. Additionally, cooking pulses in stock or other rich liquids boosts flavor as well.

4. **What about adding acidity?**
   Vinegar, for example, helps firm up the seed coat and maintain its form. This is one reason it’s common to find preparations with tomato (high in acidity) and molasses (contains slight acidity along with sugar and calcium that also help to firm up with seed coats in dishes desired texture). Keep in mind that it’s better to add acidity toward the end of the cooking process; this allows the pulses to cook more quickly and evenly, before the acidity, and remain stronger after cooking.

5. **Is plain tap water OK for cooking pulses?**
   Yes, tap water is the most common pulse cooking liquid. If you have particularly hard water — likely with lots of calcium and/or magnesium — you may notice your cooked pulses remain slightly firm after cooking. These minerals can interact with the outer shell and firm them up. It’s not a common problem, but if this is an issue with your water source then the easy solution is to just cook with distilled water instead.

6. **Is there a particular type of vessel I should use?**
   For the best results, use a wider rondeau to cook a more spread out layer of pulses in liquid. This helps mitigate against the pulses being crushed while cooking and maintain their shape.

7. **Pulses are shelf-stable, right? Can I order them in large amounts?**
   Dry pulses can be stored in an airtight container, in a cool, dry location for up to one year. After a year, the cooking time required may increase. They can be ordered in large quantities from any foodservice supplier.

8. **How long should I cook pulses for?**
   In a phrase — until they’re done. Lentils are a quick-cooking pulse option, ready in between 5 and 20 minutes depending on your variety, whereas other pulses can take up to an hour or two to fully cook depending on any number of variables (pulse type, water content, volume, and more).

9. **What temp should I use to cook pulses?**
   After sorting through your pulses, start them in cold water and gently heat them to 180º-190ºF (80º-85ºC). You want the water hot enough to cook but not turbulent enough to damage the seed cases. For the most even heat application, cook the pulses covered in an oven.

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**Pulse FAQs Table**

<table>
<thead>
<tr>
<th>BEANS</th>
<th>Whole Peas</th>
<th>Split Peas</th>
<th>Whole Lentils</th>
<th>Split Lentils</th>
<th>Whole Chickpeas</th>
</tr>
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<tbody>
<tr>
<td>RINSE</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>SOAK</td>
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<td>No</td>
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<tr>
<td>YIELD</td>
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<td>2 cups</td>
<td>2.5 cups</td>
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**Cooking Time**

<table>
<thead>
<tr>
<th>PULSE TYPE</th>
<th>COOKING TIME</th>
<th>PRESSURE COOKING TIME (at 15 psi)</th>
<th>COOKING LIQUID</th>
</tr>
</thead>
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<tr>
<td>BEANS</td>
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<td>15 min-20 min</td>
<td>2 cups</td>
</tr>
<tr>
<td>Whole</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td>5-7 min</td>
<td></td>
</tr>
<tr>
<td>Split</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
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<td>Lentils</td>
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<tr>
<td>Split</td>
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<td></td>
</tr>
<tr>
<td>Whole</td>
<td>15-20 min</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Chickpeas</td>
<td></td>
<td></td>
<td></td>
</tr>
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**Nutritional Information**

<table>
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<tr>
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<th>Whole Chickpeas</th>
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Health + Nutrition of Pulses

Flavor will always be the biggest factor driving Americans’ decisions about food, but nutrition is just as important. According to the International Food Information Council Foundation (IFIC) Food and Health Survey, 64% of Americans say they consider the healthfulness of food impacts their buying decisions. Pulses have a well-deserved “health halo” for Americans. Adding pulses to a menu increases that menu’s nutrient density, or the quantity of essential vitamins and minerals per calorie. Compared to vegetables and grains, pulses are higher in protein, iron, and zinc. Even whole grains, unrefined grains with the bran and germ intact, are lower in these nutrients than pulses.

Compared to meat, poultry, eggs, seafood and other animal proteins, pulses are lower in calories and saturated fat and are cholesterol-free, making them ideal for customers concerned about their blood cholesterol and heart disease risk. At the same time, pulses provide more fiber, potassium, and colorful phytochemicals than animal proteins. Phytochemicals are naturally occurring substances in plants with important health benefits for humans. They give pulses their various colors, think the inky black of black beans, red streaks of cranberry beans, or green of lentils. All of these factors may contribute to the blood cholesterol-lowering effects of pulses.

The recent IFIC Food and Health Survey reports that 68% of Americans are trying to eat more beans, nuts, and seeds. They recognize the health properties of plant proteins. Plant proteins are trending for many reasons: sustainability, versatility, flavor, and definitively nutrition. Americans are specifically trying to consume more of the nutrients that pulses provide: 64% are trying to consume protein, 60% are trying to consume fiber, 48% are trying to consume potassium, and 12% are even trying to consume prebiotics. Prebiotics are also known as oligosaccharides.

Humans cannot digest these short fibers. While we can’t digest them, the healthy probiotic bacteria in our digestive tracts can, and eating plenty of prebiotics seems to be essential to a healthy microbiota, the overall distribution of microorganisms in the body. Having a thriving, diverse microbiota may reduce risk of allergies and other immune disorders, chronic diseases including heart disease, and may even impact metabolism and the reduce risk of obesity. Much research still needs to be done to figure out all the ways that the microbiota affects health, but prebiotics are clearly a critical part of the story. Pulses are among the best sources of prebiotics.

Unlike grains and grain products including wheat and rye, pulses contain no gluten, making them a great option for customers with celiac disease or gluten intolerance. Pulses also have a lower glycemic index than grains, meaning that when they are eaten, blood sugar rises slowly and doesn’t get as high, an important benefit for those with diabetes or metabolic syndrome.

12% of Americans say they have come to see protein from plant sources as more healthful

71% of Americans say protein from plant sources is healthy, compared to:

42% of Americans say animal protein is healthy

Sustainability and Mathematics of Pulses

Between the wizardry of their nitrogen-fixing properties — which improves soil fertility and boosts the productivity of farmland — and their low strain on natural resources, these pockets of protein are the best choice in the quest to healthfully and sustainably feed a growing global population. Consider pulses the all-stars on your menu when it comes to both environmental sustainability and cost-effectiveness.

Cost and Profit Analysis

$1.11 is the average cost per pound ($0.07 per ounce) of dry pulses to a foodservice establishment. Of course, we do not eat the dry pulses as is — they require cooking. Through this process, the pulse will expand about 3.5 times its dry weight.

4.29 ounces is the average serving size of cooked pulses. To determine the amount of dry product we need to hit this mark, calculate the following equation:

SOAKED WEIGHT/EXPANSION FACTOR: 4.29 oz / 3.5 = 1.23 oz of dry pulses

So, we need 1.23 ounces of dry pulses to eventually equate to a serving when soaked.

At $0.07 per ounce, the following equation will calculate the average cost of dry pulses per serving:

COST PER OZ* WEIGHT OF SERVING: $0.07 x 1.23 = $0.09 per serving of dry pulses

To calculate final portion cost, add in seasonings by individual recipe.

10 hectares per tonne of protein consumed

1. hectare per million kilocalories consumed
Recipe Generator

BY REBECCA PEIZER

As chefs, how can we get consumers to have the same emotions we have for the products we love? Perhaps you have a favorite seasonal recipe to share. Or maybe the distributor mentioned a price cut on a popular item that was too hard to pass up. Once the product is the chef’s hands, they must decide what to do with it. This process is referred to as the “PIE Theory of Menu Development.”

First comes the Product: The P. Understanding the products being used in a menu item is key. Where does it come from? How is it grown or manufactured? What are the nutritional benefits? How does it change when prepared or cooked? Perhaps there is a need for new specific type of dish to fit into an already existing menu, whether it is an appetizer, entree, or dessert. Chefs ponder many dishes at once and then define their favorite components from each. Then they try to put them together into one cohesive plate. For the most part, they follow a process. Good chefs have an intuitive feel for what flavors go well together; like sensory or tactile memory, that is informed by history and tradition or by their own memories. The list of potential flavor combinations is infinite, but people tend to gravitate towards the familiar. They may consult a flavor bible, rely on childhood memories, or previous combinations that have worked, or do some research. Chefs will think of cooking techniques that are suitable. Is there a technique that best suits the product? Or is there a need for a certain texture on the menu that isn’t already represented.

In the case of creating a new menu item with pulses, let’s consider using split red lentils. Since these pulses are split, they break down in the cooking process much more easily than their whole counterparts, and have a mild flavor. They are often used for soups in many countries such as Morocco, India, and Greece. This means that they pair very well with spices, and can absorb flavors such as sour lemon or yogurt, pungent garlic and onion, and unctuous proteins such as lamb or shrimp. But they also can be soaked and then roasted to create a crispy garnish. Perhaps they can be featured both in puree form as well as in crispy form for an exciting appetizer, as they seem to be best used as a base for other more complicated ingredients.

The second part in this process is the Inspiration: The I. This is where the chef’s creativity shines through. What is the chef’s style of cooking? What are the current trends in the food industry? What are the traditional uses of the ingredients? There is also a lot of camaraderie between chefs and they tend to bounce their ideas off of one another, often sharing inspiration they’ve had from previous employment. A small batch of the dish in progress may be prepared and the kitchen staff will taste and evaluate the dish with feedback. At this point a chef will be thinking about plating. The plating defines the first impression of the dish to the staff and is intrinsic to the success of the dish in the end.

To continue with creating an appetizer with red lentils, we know that hummus is very popular and trendy these days, as are pickled food and authentic spice blends. Thinking a little outside the box, we could pickle the lentils in a sweet and sour liquid, and then puree them to create a “Pickled Hummus.” In consideration of the seasons, if it were spring, the chef could feature a perfectly grilled slice of Turkish dukkah-spiced lamb to rest on. This creation has crispy and velvety textures, hot and cold elements, and follows the trend and seasons.

The last step in this process is the Execution: The E. This is where discipline is important. The chef will also be thinking of the price point, the variety of other ingredients on the menu, making sure to avoid redundancy, the possibility of cross-utilization of the same ingredients in other menu items, and perhaps how to upsell the dish to customers as an additional menu item, rather than a replacement for other items on the menu. To finish the red lentil and lamb appetizer, let’s say that everyone has evaluated this dish and has decided that it needs a salty element, as well as something that also adds color and vibrancy to the final dish. A crumble of some hard Greek Myzithra cheese made from sheep and goat milk adds saltiness and a white color contrast, while a single leaf each of parsley and tarragon on each cracker would add color and fragrance to the earthy flavors of the lentils and the lamb. And here, we have created a new menu item called Pickled Red Lentil Hummus and Grilled Dukkah Spiced Lamb with Crispy Lentil Crackers and Myzithra Cheese.

A single dish can make or break the flow of a menu, as all dishes need to work well with one another for the success of the menu as a whole. Following the stops of PIE Theory in order to create a new and exciting dish will allow the chef to maximize profits and generate excitement with new ingredients and preparations.
**INGREDIENTS**
- Celery stalk, with leaves ½ cup
- Carrot, small, minced ½ cup
- Onion, medium, minced 1 each
- Ground black pepper as needed
- Milk 1 pint
- Dry red wine 4 oz.
- Basil, chiffonade ¼ cup
- Canola oil 1½ oz.

**PREPARATION**
- In a saucepot, heat the oil, and sauté the pancetta or prosciutto with the onion, celery, and carrots until the onions just begin to caramelize.
- Add the tomato pulp and cook, stirring, until thick and lightly caramelized, about 10 minutes.
- Add the bulgur and lentils to the skillet and continue stirring.
- Heat an oven proof skillet with the remaining oil until just beginning to smoke. Add patties and brown on one side.
- Flip patties over and continue cooking until heated through, about 5 minutes. Repeat with remaining mixture.
- Serve warm with a dollop of yogurt and garnish with chile pepper, reserved on oranges, and parsley.

**GARNISHES**
- Cilantro, chopped ¾ cup
- Cumin, ground 1 tsp.
- Lime, juice of 2 each
- Water to cover as needed

**PREPARATION**
- In a blender, blend the red lentils and the onions in the bowl until smooth. Add the cumin, ground black pepper, ground black pepper as needed
- Mix well and bring to a boil. Serve warm or chilled.
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are promotional brands, working to
increase the consumption of pulses
(lentils, chickpeas, beans, and peas)
across North America.

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farmers in Saskatchewan, Canada.

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Canada, the USA Dry Pea and Lentil
Council/American Pulse Association, and
the Global Pulse Confederation.