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National Agricultural Research Institute

Legumes and Pulses



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Introduction

Legume crops are important in both human and livestock nutrition because of their high protein value. They are consumed as green vegetables and dried form call “pulses”. This information booklet provide some information on the pulses.

‘Pulses’ or grain legumes are a general term applied to all different dried edible legume crops. Below are 5-examples of legumes from which pulses are derived:-

Legume



a. Soya bean

Pulse



Refrigerated preparations can be reheated with the nature of the preparation preserved and not turn too soft and mushy.

for as long as required. Then turn off the heat, cover tightly and leave for two hours. Drain and rinse. Cook as for beans soaked over night in method 1.

3. Bicarbonate soda (baking soda) speed up the preparation for consumption.

Add a quarter teaspoon of baking soda to water and boil for 30 minutes. Cook the soaked dried grains in enough water to keep them submerged while boiling. Nutrients are lost through leaching, where excessive water is used in boiling. Most of the plumping should have occurred during soaking.

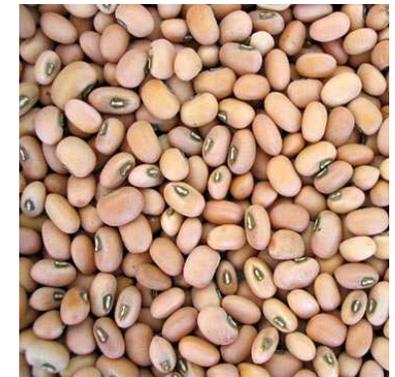
4. Acidic food medium are used in preparation of pulses. The nature of legumes before exposed to an acid medium is preserved. Ensure the beans are tender as required before adding lemon juice, vinegar, tomato or any other acidulating agents.



b. Pigeon pea



c. Cowpea



d. Wing bean





e. Peanuts



Pulses are a highly nutritious food group comprising beans, peas and lentils. They are a major source of protein for human consumption and livestock feed. A combination of pulses with grains forms a high quality protein diet.

Pulses are a good source of fiber, carbohydrate, vitamin and mineral. They are also a useful source of iron and B vitamin.

Drying and Storing.

Dry the grains well and store in an air tight container. Dried pulses store for a long time and are good to eat, however the longer they are stored, the

longer it takes to prepare for home consumption. Also, there is a high risk for insects pest infestation.

Pulses that have been kept well have smooth and shiny seed coat. Some legume seeds, like the chickpeas, naturally have wrinkled look after drying.

Preparation for home consumption

Thoroughly cook all the pulses before eating.

Below are 4-suggestions on how to prepare the pulses for home consumption.

1. Soak in water 3 times the volume of the pulses and live over night. Boil in water as long as required. The grains can be consumed after boiling or can be used in further preparation with flavoring.
2. Quick soaking is achieved by washing and covering with water 3-times the volume of the pulse and boil