



*By Yayla Agro Gıda
25th year*

GRAINED TASTES

*Yayla Agro Gıda
25th anniversary-
exclusive recipe book*



Yayla Agro Gıda offers these recipes with the seeds that it has grown for 25 years, with unspeakable delight...



The Turkish culinary culture, which has a long history, is among the world's top three cuisines. In the wealth of Turkish cuisine; Over 10 centuries of Turkish history, the rich variety of crops grown on fertile Anatolian soil, tastes developed in the Seljuk and Ottoman palaces, the Mesopotamian-based Anatolian cuisine and the importance of Turkish society to food as part of social life have been influential. After the Turks settled in Anatolia, legumes have become an important part of Turkish cuisine due to their high nutritional value, taste and long-term shelf-life. From palace cuisine to the Republic period, from wedding and invitation meals to the present day, the legumes on our tables continue to be found in Turkish and World cuisine due to the delicacy of our modern food culture as well as its contribution to the planet and human health.

The world population is expected to reach 10 billion in 2050, but this population will only be able to access healthy food by improving food production, reducing waste and changing eating habits. The "Planetary Diet", published by the "East-Lancet Commission", bringing together the world's 37 leading scientists, aims to change dietary habits to promote planet and human health. The "Planetary Diet" recommends that the consumption of legumes, vegetables, fruit and fatty seeds be doubled globally, while reducing animal-based nutrients and sugar consumption. High plant-based nutrition is the main source of protein in low animal-based nutrition, and legumes are the source of protein. With its high protein and fibre content, legumes are described as "valuable nutrients" in the prevention of obesity and obesity-related diseases, which is a global problem. Besides their beneficial effects on human health, legumes are the basis for planet-friendly, sustainable food systems that increase the efficiency of the soil in which they grow.

We have prepared in line with our mission to transform food systems fairly and sustainably and to improve the health of the planet and people; We are pleased to present the "Legumes Recipes" which includes healthy, delicious and economical recipes.

YAYLA AGRO
Gıda San.ve Tic. A.Ş.



25th Year- Exclusive

Many grains are in a spoon, in a slice, in the middle of a bowl, or on a plate. It describes that finding somehow, associating and sharing comes from the root, from the seed, the past, the labour-sown, tradition and future.

Yayla offers these recipes with the seeds that it has grown for 25 years, with unspeakable delight...



Chef of Yayla

Zeki Aıköz

Chairman of the Board of Directors of the Turkish Cooks Federation

Complex Executive Chef

LUGAL, A LUXURY COLLECTION HOTEL ANKARA

SHERATON ANKARA HOTEL & CONVENTION CENTER

*Zeki
Chef*



The Importance of Legumes in Nutrition

One of the first domesticated plants in human history, legumes are a fundamental component of the Mediterranean Diet, with high protein, vitamin, mineral and fibre content. In addition to its rich macro-and-micro-nutrient content, legumes contain bioactive compounds with effects of antioxidants (which prevent cell damage), anti-hypertensive (which prevents hypertension), immunomodulators (which support the immune system), hypolipidemic (cholesterol-lowering), anti-microbial (protective against microbes), anti-cancer (preventative against cancer), hypoglycaemic (blood sugar stabilizer) and anti-inflammatory (immune system booster).

Macro-nutrient Content of Legumes

Commonly used legumes are; lentils, chickpeas, beans, borlotti beans, broad beans, black-eyed beans, green peas and soy beans. While legumes have similar protein, carbohydrate, and fat rates, they each have different benefits, particularly in terms of micro-nutrient elements and bio-active compounds. For this reason, dietary diversity is required for the expected health benefit of legumes.

Carbohydrates are the body's main source of energy, and in a healthy diet, 55-60% of total energy must come from carbohydrates. However; Instead of simple carbohydrates that cause a fat increase in the body, diabetes and heart diseases, complex carbohydrates should be mostly included in a healthy diet. The carbohydrate contained in legumes has a complex structure. The low glycaemic index and high-pulp content and the digestion and absorption of carbohydrates in legumes are prolonged. Due to the complex carbohydrate content of legumes, the body's energy needs are met, while blood sugar is slowly increasing and the duration of satiety is prolonged.

Proteins are macro-nutrient elements necessary for growth, development, tissue construction and repair. A healthy diet requires 12-15% of its total energy needs to be covered by proteins. Proteins are obtained either from animal-based or plant-based foods. Consumption of animal-based proteins can be seen as an increase in the total blood fats, which are a risk factor for cardiovascular disease due to high saturated fat and high-calorie intake. Caring for plant-based proteins in a healthy diet model will ensure that both the body's basic needs protein intake while reducing the risk of cardiovascular disease due to the low calories and low saturated fat of plant-based proteins. Legumes are the most basic source of plant-based proteins. A cup of boiled borlotti beans will allow protein equal to 3 meatballs of meat to be taken with lower fat and fewer calories.



Oils are the body's source of energy. A healthy diet requires 25-30% of its total energy needs to be covered by fat. It is recommended that dietary oils to maintain cardiovascular health have a lower rate of saturated fat.

Legumes are heart-friendly foods, both because their total fat content is very low, and because they contain unsaturated fatty acid content.

Micro-nutrient Content of Legumes

In the human body, over a thousand chemical reactions occur every day. Micro-nutrient elements, vitamins and minerals, are essential for the precise realization of these chemical reactions and the healthy functioning of the body.

Legumes have a rich content of vitamins and minerals. Major vitamins and minerals found in legumes are; niacin, pantothenic acid, folate, potassium, phosphorus, copper, iron, calcium, and magnesium

Baklagillerin Besin Değerleri

	Enerji (100 gr./kcal)	Karbonhidrat (100 gr./gr.)	Protein (100 gr./gr.)	Yağ (100gr./gr.)	Posa (100 gr./gr.)
Mercimek	340	60,1	24,7	1,1	3,9
Fasulye	340	61,3	22,3	1,6	4,3
Nohut	360	61	20,5	4,8	5
Barbunya	349	63,7	22,9	1,2	6,7
Bakla	338	58,2	25,1	1,7	6,7
Bürülce	343	61,7	22,8	1,5	4,4
Bezelye	348	62,7	24,2	1,0	1,2
Soya	403	33,5	34,1	17,7	4,9
Fasulyesi					

Legumes and Health

The World Health Organization states that one in five deaths can be prevented by nutrition. Prevention of chronic eating diseases is the most important factor affecting the quality of life and lifespan. It has been proven by scientific studies that legumes reduce the risk of many diseases with rich macro and micro-nutrient content.

A study has shown that in individuals who consume 80 grams of legumes a day, four days a week, their haemoglobin A1c levels have decreased, while insulin resistance has reduced. The regression of diabetes-related hyperlipidaemia is also associated with the high- pulp content of legumes. Ten separate studies, in which legumes, except for the soybean, are consumed for at least three weeks, proved that legume consumption has a cholesterol-lowering effect. With a 3-week legumes consumption, total cholesterol levels have been observed to drop to -11.8 mg/dl and LDL cholesterol levels to -8 mg/dl.



Legumes are rich in potassium, magnesium and fibre, all of which are nutrient elements that have a positive effect on blood pressure management. A systematic review combined the results of eight studies involving more than 500 people, half of whom are overweight or obese, and concluded that legume eaters have seen blood pressure drops. For subjects who consume 1 cup of legume every day for 10 weeks, both systolic and average arterial blood pressure has decreased significantly.

A diet containing legumes regularly can help with weight control. The fibre, protein, and slow-digested carbohydrates found in legumes help prolong toxicity and reduce nutrient intake. Using data from the National Health and Nutrition Survey (NHANES), it has been observed that adults who consume a variety of ligaments have significantly lower body weight than those who do not consume legumes. Individuals who consume regular legumes are considered very unlikely to be obese compared to those who do not. Legumes support the beneficial effect of a Mediterranean-style diet plan rich in fibre and unsaturated fat.

Legumes and Microbiota

Hippocrates, the father of medicine who lived in the pre-millennium, noted the importance of bowel health, saying that “all diseases start in the gut.” Today, due to technological and scientific advances in medicine, many diseases are found to have decreased the number of beneficial bacteria (probiotics) in the gut and increased the number of harmful bacteria. We have an average of 70 percent of our immune system in our guts. Increasing the useful bacteria in our gut is one of the most important steps in preventing a stronger immune system and disease.

There is an increase in the number of good bacteria (probiotics) in the intestines, and a decrease in the number of bad bacteria with high-pulp content. With the increasing number of good bacteria, the immune system becomes stronger, reducing the risk of autoimmune disease and decreasing the risk of colon cancer.



Legumes and Planetary Health

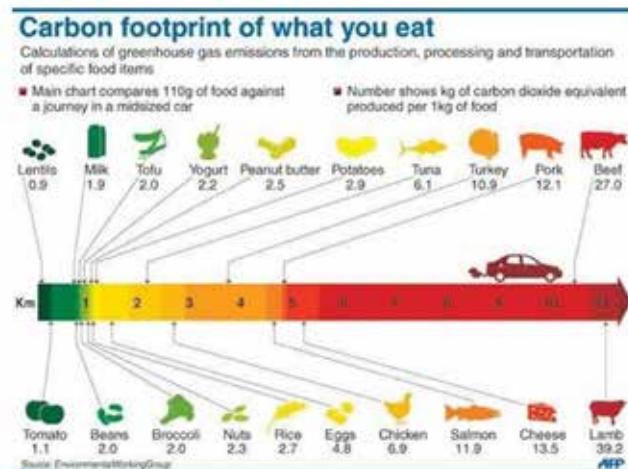
Legumes play an essential role in promoting sustainability. One of the greatest threats to the well-being of the world is greenhouse gas emissions, which keep heat from the sun in the Earth's atmosphere and cause the planet to warm up. High levels of greenhouse gas emissions through meat production are accelerating climate change. Reducing animal-based protein consumption is an important step toward protecting the environment and natural resources.

The carbon footprint is a measure of environmental damage caused by human activities in terms of the amount of greenhouse gases produced, measured in units of CO₂. The emissions from greenhouse gases in red meat are 20 CO₂eq per kg; In legumes, this is 0.65 CO₂eq per kg. By increasing liquidation consumption instead of red meat, greenhouse gas emissions can be reduced by up to 20 times.

Legumes absorb nitrogen from the soil and the environment during cultivation, so they need less nitrogen fertilizer. Legumes support environmental health by protecting the atmosphere from excess nitrogen thanks to these characteristics. The amount of water needed for the production of legumes from field to plate is much less than the amount of water needed for the production of animal products. To produce a kilogram of lentils, a farmer needs only 50 litres of water. It takes 4,325 litres of water to produce the same amount of chicken; Which is more than 5,000 litres of water needed for lamb production.

Legumes are strategic food sources that help alleviate world hunger because of their properties that support the planet and human health. More durable than animal-based foods, which can be stored for long periods of time without degradation or loss of nutritional value, helps to reduce food waste.

In line with the nutritional recommendations of the “Mediterranean Diet”, which is a “sustainable diet” model, less animal-based protein, and more plant-based protein consumption, is an important step in protecting the planet and human health.





Recommendations

To take advantage of the health-beneficial effects of legumes, it is recommended that countries consume legumes at least 3 to 4 times per week in accordance with nutrition guides (1 serving 80-100 grams on average).

According to the “Planetary Diet” in the “Eat Lancet” report, 50 grams per day, and 350 grams per week of legumes are recommended.

1 cup of boiled legumes covers about 15 grams of the daily need for 25 grams of pulp.

Consumption of legumes must have diversity and continuity.

Adding legumes while cooking grains such as bulghur and rice or serving them with legumes increases the protein bioavailability by balancing the amino acid pattern of these grains.

Boiled legumes added to salads increase the protein rate of the salad and provide a satiety feeling.

Soaking legumes before cooking them increases the protein bioavailability of legumes and allows for digestion ease.


Regular consumption of legumes in child nutrition is protective against childhood obesity.

Storing the legumes in glass jars or cloth bags in a cool and dry environment out of the sun will extend the shelf life and increase the cooking quality.

Keeping ready-to-use boiled legumes at home will help you increase your legumes consumption.

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COLD
STARTERS



Life is Yours
Stay Healthy!



Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Hummus



INGREDIENTS

1 cup chickpeas
1 coffee cup of tahini
1 lemon juice
3 tablespoons of olive oil
2 cloves of garlic (Optional)
1 teaspoon cumin
salt- black pepper
* Iced water

If you add olive oil and cumin while serving, it will taste even better.



PREPARATION

FOR 4 PEOPLE

Wash the chickpeas and soak them in the water the day before.

Boil the soaked chickpeas in saltwater until they're purée, and clean the shells.

Mix all ingredients with a mixer or a blender and serve cold.

* The consistency must be adjusted with cold iced water.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Bulgur Salad with Black-eyed Beans



INGREDIENTS

1 cup fine bulghur
1/2 cup boiled Black-Eyed Beans
2 green onions
1/4 bunch of parsley
1 tomato
3-4 leaves of lettuce heart
1 teaspoon pepper paste
1 teaspoon tomato paste
1 lemon juice
3 tablespoons of olive oil
Salt-black pepper-pepper flakes

If you add a pomegranate syrup to serve, it'll taste even better and look better.



PREPARATION

FOR 4 PEOPLE

After washing the bulghur, soak it in enough warm water for 20 minutes to soften it.

Chop the onion, parsley, lettuce and peeled tomatoes very finely.

Mix all ingredients and serve.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Lentil Balls



INGREDIENTS

1 cup red lentils
1/2 cup yellow lentils
1/2 cup fine bulghur
1 carrot
1 medium onion
2 cloves of garlic
4 tablespoons of olive oil
1 teaspoon tomato paste
1 teaspoon pepper paste
red pepper flakes-dry mint-salt-black
pepper-parsley-red pepper (roasted)
green onion.

You can serve it with curly, lettuce, lemon
and greens.



PREPARATION

FOR 4 PEOPLE

Wash the lentils, and drain them
with warm water.

Mince the onion and garlic, peel
carrots and grate them. Roast
with olive oil.

Add lentils and continue to roast.

Add the tomato paste and add
hot water to cover it.

Stir over low heat and keep on the
stove until it boils down.

Add the bulghur, the spices, and
the salt, and then cover the pot by
taking it off the stove.

Serve cold to add chopped
parsley, roasted chili and green
onions after cooling.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Fava Beans with Orange



INGREDIENTS

2 cups of broad beans
1 onion
1 carrot
1 cup of orange juice
1 lemon juice
1/2 bunch of dill
4 tablespoons olive oil
salt- black pepper
1/2 grated orange peel.



PREPARATION

FOR 4 PEOPLE

Wash the dried fava beans and soak them in the water for a day.
Mince the onion, peel carrots and grate them. Roast with olive oil.
Continue to roast by adding dry beans.
Add orange juice and hot water to cover it.
Add lemon juice, salt and spices.
Blend in a blender or mixer until it has a purée consistency.
Add chopped dill and chopped red onion into it. After cooling, add olive oil on top and serve.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Tabouli with Green Lentils



INGREDIENTS

1/2 cup of boiled green lentils
1 cup fine bulghur
4 bunches of parsley
1 red onion
2 tomatoes
1 cup pomegranate syrup
1 lemon juice
1 cup of olive oil
1 pomegranate
salt- black pepper.



PREPARATION

FOR 4 PEOPLE

After washing the bulghur, soften it with a sufficient amount of warm water.

Chop the parsley, red onion and peeled tomatoes very finely.

Add green lentils and bulgur and mix.

Blend with salt and pepper.

Add pomegranate syrup, lemon juice and olive oil to the mixture and serve it with pomegranate seeds.

You can try the same recipe with Beluga lentils.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

White-Beans Salad with Tahini



INGREDIENTS

1 cup white beans
1 coffee cup of tahini
1 onion
2 peppers
1 tomato
1 lemon juice
1 boiled egg
10 black olives
1/2 bunch of parsley
3 tablespoons olive oil
salt- black pepper.



PREPARATION

FOR 4 PEOPLE

Clean the beans and soak them a day before, and boil them in salt water.

Finely chop the onion, pepper and tomato.

Mix all the chopped ingredients with the beans.

Add eggs, tahini, black olives with shelled seeds, finely chopped parsley, lemon juice and olive oil to this mixture.

Season with salt and pepper and serve.

You can use Legurme Boiled White Beans to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Borlotti Beans in Olive Oil



INGREDIENTS

2 cups borlotti beans
2 cloves of garlic
1 onion
2 carrots
1 potato
1 tablespoon tomato paste
1 cup olive oil
2 Teaspoons sunflower seed oil
1 lemon juice
1/2 bunch of parsley
Salt-black pepper-granulated sugar.



PREPARATION

FOR 4 PEOPLE

Wash the borlotti beans and soak them in water the day before, slightly boil in salted and lemon water.

Mince the garlic and onion, and dice the carrots.

Roast the garlic, onion and carrots in olive oil and sunflower oil.

Add tomato paste and hot water after roasting for 1-2 minutes.

When it starts to boil add the kidney beans.

When the kidney beans are almost ready, add the diced potatoes.

Add salt-pepper and granulated sugar.

Allow the ingredients to cool after cooking. Serve garnished with parsley.

You can get the same flavour with our Legurme Bean Salad series.





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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Dried Black-Eyed Beans Salad



INGREDIENTS

2 cups dried black-eyed beans
3 green onions
1/2 bunch of parsley
1 tomato
1 lemon juice
3-4 pieces of lettuce heart
a bunch of arugulas
1 cup pomegranate syrup
3 tablespoons of olive oil
salt- black pepper-pepper flakes.

If you add a pomegranate syrup
to serve, it'll taste even better
and look better.



PREPARATION

FOR 4 PEOPLE

Wash the black-eyed beans, soak
in water the day before and boil.

Finely chop the green onion,
parsley, tomato, arugula, and
lettuce heart.

Mix all ingredients and serve cold.

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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Hot Spicy Beans Dip



INGREDIENTS

2 cups white beans
2 tomatoes
2 green peppers
1 lemon juice
2 tablespoons pepper paste
1/2 bunch of parsley
2 cloves of garlic
2 tablespoons of olive oil
salt- black pepper-pepper flakes.

If you add a pomegranate syrup to serve, it'll taste even better and look better.



PREPARATION

FOR 4 PEOPLE

Wash the white beans and soak them in water the day before.

Boil the beans in saltwater until they have purée consistency.

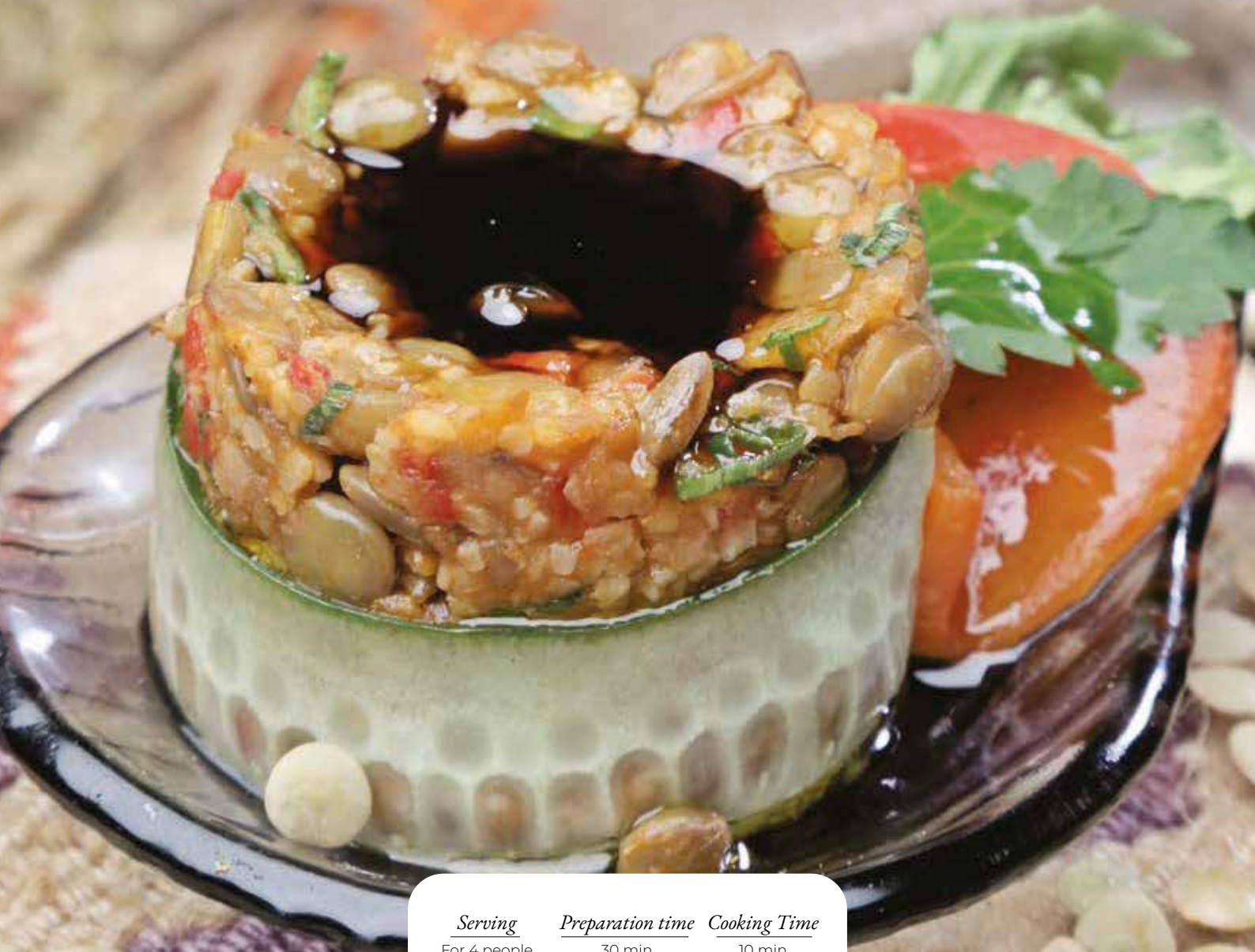
Finely chop all ingredients with an armour or a knife.

Add the olive oil, lemon juice, salt, black pepper, pepper flakes and pepper paste to the chopped ingredients and serve.

You can use Legurme Boiled White Beans to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Green Lentil Meatballs



INGREDIENTS

2 cups green lentils
1/2 cup fine bulghur
1/2 bunch of parsley
1 coffee cup of verjuice
2 teaspoons pepper paste
1 onion
1 cup of olive oil
salt- black pepper.

If you add a pomegranate syrup to serve, it'll taste even better and look better.



PREPARATION

FOR 4 PEOPLE

Clean and wash the green lentils.

Roast the onions with olive oil and add the lentils, continue to roast.

Add tomato paste to it and roast for another 1-2 minutes, then add hot water.

After the lentils are softened, add salt, black pepper and fine bulgur and take the stove off.

After cooling, add chopped parsley and verjuice, and serve.





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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Mung Bean Salad



INGREDIENTS

2 cups of mung beans
4 green onions
2 green peppers
1 bunch of parsley
2 tomatoes
5-6 dried tomatoes (soaked)
1 lemon juice
3 tablespoons of olive oil
salt- black pepper.

If you add pomegranate syrup to it while serving, the taste and appearance will be even better.
You can also make this recipe with quinoa.



PREPARATION

FOR 4 PEOPLE

Wash the mung beans and boil them in hot and salt water.

Chop the onions, peppers, parsley, tomatoes and dried tomatoes very finely.

Mix the chopped ingredients with salt and pepper along with the boiled beans.

Add lemon juice, salt, black pepper and olive oil, and serve.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Falafel



INGREDIENTS

2 cups chickpeas
2 cloves of garlic
1 bunch of fresh coriander
1 teaspoon carbonate
1/2 lemon juice
1 cup of yoghurt
salt- black pepper.

It can also be served with tahini
instead of yoghurt.



PREPARATION FOR 4 PEOPLE

Wash the chickpeas and soak them in water the day before.

After boiling and draining the soaked chickpeas, add garlic, carbonate, salt, black pepper and lemon juice and mix with a blender until it has a purée consistency.

Add the chopped fresh coriander to the mixture.

Shape into marbles and fry in oil.

Serve with yoghurt on top of it.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Coarsely Ground Wheat and Chickpeas Caciki



INGREDIENTS

1 cup boiled chickpeas
1 cup boiled cracked-wheat
1 kg of yoghurt
1/2 bunch of dill
2 cloves of garlic
salt.



PREPARATION

FOR 4 PEOPLE

Soak the chickpeas and coarsely ground wheat the day before.

Boil them in salted water separately until they are soft.

After diluting a little the yoghurt with water, mix it with chickpeas, cracked wheat, garlic, dill, salt and serve it cold.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Legumes Salad



INGREDIENTS

2 tablespoons boiled corn
2 tablespoons boiled cracked wheat
2 tablespoons boiled chickpeas
2 tablespoons boiled white beans
1/2 iceberg
1 bunch of arugulas
6 cherry tomatoes
1 lemon juice
2 tablespoons of olive oil
2 tablespoons of pomegranate syrup
salt- black pepper.



PREPARATION

FOR 4 PEOPLE

Chop the lettuce heart, tomato and arugula finely.

Mix and season the corn with cracked wheat, chickpeas, white beans, lemon juice and olive oil.

Mix all the ingredients with spices and pour pomegranate syrup on it and serve.

You can use Legurme Boiled Chickpeas series to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Lentils Corn Patty



INGREDIENTS

2 cup boiled corn
1 cup lentils
4 green onions
2 tablespoons flour
1 egg
1 coffee spoon pepper paste 1/2 bunch of dill
2 tablespoons milk
1 clove of garlic
1 coffee cup of yoghurt
1 cup tomato sauce
red chilli powder
salt- black pepper.



PREPARATION

FOR 4 PEOPLE

Put the corn and lentils in a deep bowl.

Chop the green onion, garlic and dill very finely, add the other ingredients and mix them.

Shape with the help of a spoon and fry them in boiling oil or in a fryer heated to 180 degrees.

Serve it with yoghurt and tomato sauce.

You can use Legurme Boiled Sweet Corn to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Stuffed Grape Leaves with Green Lentils



INGREDIENTS

500 g brined vine leaf
1 lemon
3 tablespoons of olive oil
2 cup green lentils (half-boiled
beforehand)
3 Chopped onion
optional; parsley, dry mint, pepper, salt.
2 cup water



PREPARATION

FOR 4 PEOPLE

First of all, soak the brine leaves in hot water for 2-3 hours, wash and drain them.

Grate the onions to a large bowl, pour olive oil on them.

Add the green lentils to the bowl. After adding spices and salt, add finely chopped parsley and mix them altogether. (It should be an uncooked filling ingredient.)

Put the filling ingredient to the wide part of the leaf and wrap it by closing it on both sides like a roll. Continue this process until the leaves are over, then line up in the pot, and cook for 40 minutes after boiling.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Mung Bean Sushi



INGREDIENTS

1 cup boiled mung beans
2 red peppers
4 pieces of nori leaves

sushi pilaff

2 cups rice
1.5 cups water.

sushi sosu

4 tablespoons sugar 1 tablespoon salt
1 tablespoon rice vinegar
¼ cup mirin

*Mix the ingredients of the sushi sauce
and boil them for 5 minutes and allow
them to cool.



PREPARATION

FOR 4 PEOPLE

Mix the rice with water and cook it in a
saucepan.

Take the ¼ cup of the prepared sushi sauce,
mix it with sushi rice, and cool.

Cut the nori leaf in half, lay it on the rice,
arrange the mung beans and red pepper
on the rice, then wrap it in sushi mat and
portion it.

Add olive oil and lemon slices to the
wrapped leaves and add about 5-6 glasses
of hot water and cook on low heat. (You can
close a slightly smaller bowl from the lid of
the pot so that the stuffed vine leaves do not
disperse on it.)



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Sushi with Chickpeas



INGREDIENTS

1 cup boiled chickpeas
5 apricots
4 nori leaves

sushi pilaff

2 cups rice
1.5 cup water.

sushi sauce

4 tablespoons sugar
1 tablespoons salt
1 tablespoon rice vinegar
¼ cup mirin

*Mix the ingredients of the sushi sauce and boil them for 5 minutes and allow them to cool.



PREPARATION

FOR 4 PEOPLE

Put the rice in the water and cook them in a pot.

Take the ¼ cup of the prepared sushi sauce, mix it with sushi rice, and cool.

Cut the nori leaf in half, lay it on the rice, arrange the chickpeas and apricots on the rice, then wrap it in sushi mat and portion it.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Black-Eyed Beans Sushi



INGREDIENTS

2 cup boiled black-eyed beans
5 black apricots
4 nori leaves

sushi pilaff

2 cups rice
1.5 cup water

sushi sauce

4 tablespoons sugar
1 tablespoons salt
1 tablespoon rice vinegar
¼ cup mirin

*Mix the ingredients of the sushi sauce and boil them for 5 minutes and allow them to cool.



PREPARATION

FOR 4 PEOPLE

Put the rice in the water and cook them in a pot.

Take the 1/4 cup of the prepared sushi sauce, mix it with sushi rice, and cool.

Cut the nori leaf in half, lay it on the rice, arrange the black-eyed beans and black apricots on the rice, then wrap it in sushi mat and portion it.

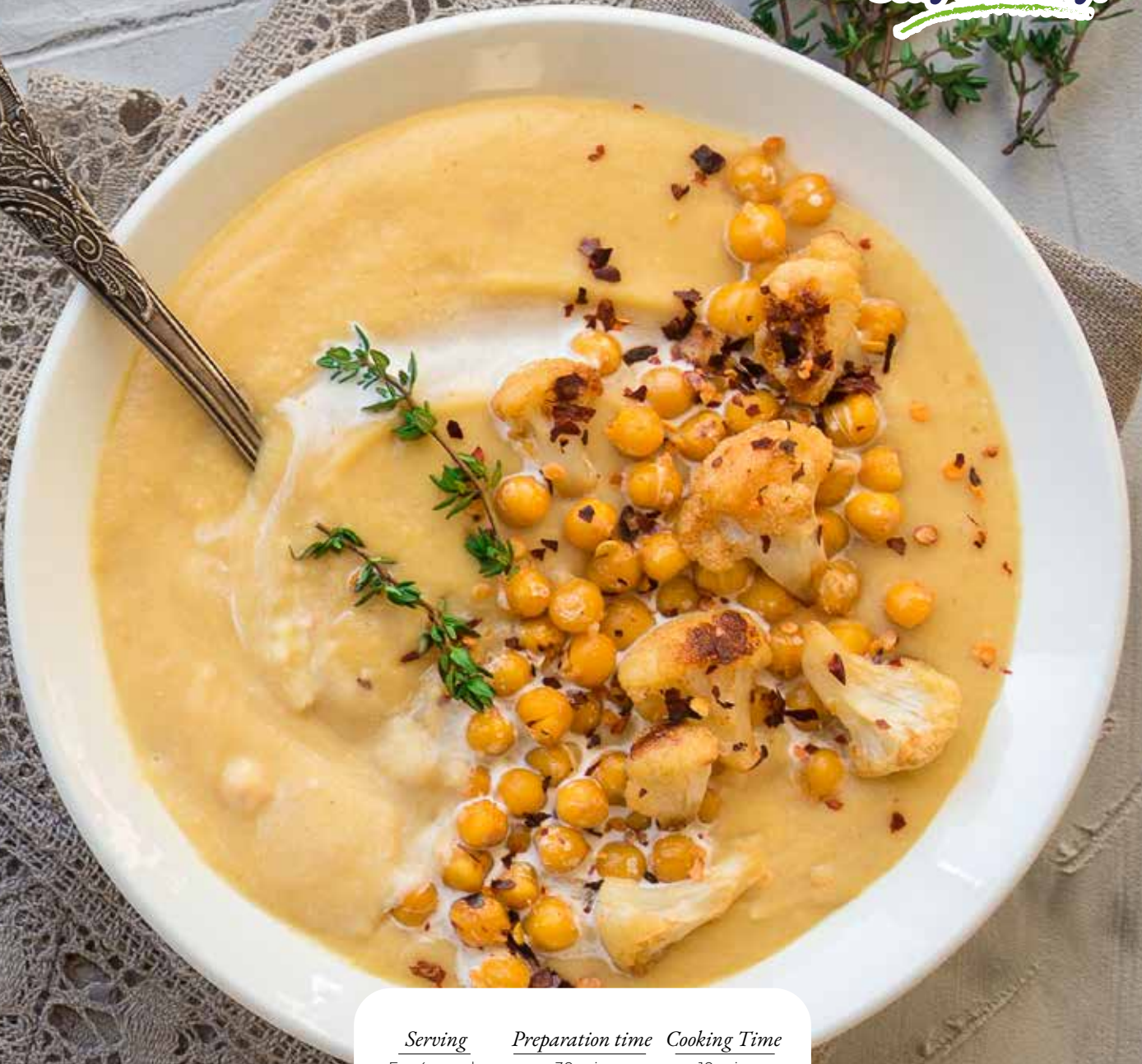


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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Keşkek Soup with Chickpeas, Cracked Wheat, and Meat



INGREDIENTS

1 cup cracked wheat cup
1/2 cup chickpeas
2 tablespoons flour
2 tablespoons butter
1 small onion
100 g boiled lamb meat
(boiled water should not be thrown away)
1 cup of milk
white pepper
salt



PREPARATION

FOR 4 PEOPLE

Soak the chickpeas and coarsely ground wheat the day before and boil.

Put butter in the pot and chop onions finely and roast them.

Add flour and roast for about 2-3 minutes.

Add milk, meat juice, and cracked wheat juice to the mixture.

Add cracked wheat and chickpeas to it and bring to a boil.

Shred the boiled meats and add to the mixture.

Season with salt and pepper and serve it hot.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Bulghur Soup with Green Lentils



INGREDIENTS

1 cup green lentils
1 cup fine bulghur
1 onion
1 carrot
1 potato
1 tablespoon pepper or tomato paste
1 tablespoon flour
1 tablespoon butter
¼ bunch of parsley
Salt-black pepper-pepper flakes



PREPARATION

FOR 4 PEOPLE

Dice the onions and carrots and sauté them in butter.

Add the washed and drained bulghur, and slightly roast.

After adding tomato paste and roasting for another 1-2 minutes, add flour and continue roasting.

Water is added to cover it.

When it starts to boil, add the diced potatoes.

Season the potatoes when they are almost ready, and add boiled green lentils.

Serve with chopped parsley.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Quadruple Lentil Soup



INGREDIENTS

1 coffee cup yellow lentils
1 coffee cup red lentils
1 coffee cup green lentils
1 coffee cup black lentils
1 onion
1 carrot
1 tomato
2 teaspoons sunflower seed oil 1 lemon
juice
2 tablespoons noodle
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Wash the lentils.

Chop the onions and tomatoes very finely, grate the carrots.

Add butter to the pot, roast the onion and grated carrots, add the tomatoes and the last lentils and continue roasting.

Add water to cover and boil until the lentils are softened.

When the lentils are softened, add the noodles and boil for another 1-2 minutes, season it and add lemon juice, and serve it hot.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Cumin Chickpea Soup



INGREDIENTS

2 cups chickpeas
1/2 bunch of dill
2 tablespoons butter
1 onion
1 coffee spoon cumin
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Soak the chickpeas the day before and boil them in salted water until they are softened.

Shell the boiled chickpeas and set aside 20 -30 chickpeas.

Chop the onions finely and roast them in butter and add the chickpeas.

After roasting for another 4-5 minutes, add water to cover it.

When the chickpeas have the consistency of a purée, grind them with the help of a blender or a mixer.

Put the mixture on to boil again and add the chickpeas that were set aside, cumin, salt, pepper and chopped dill, and serve it hot.





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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Pancakes with Green Lentils



INGREDIENTS

1 cup boiled green lentils beans
1 onion
1 clove of garlic
2 tablespoons butter
2 cups flour
10 g of fresh yeast
1 teaspoon granulated sugar
3 tablespoons of olive oil
salt- black pepper-pepper flakes



PREPARATION

FOR 4 PEOPLE

Roast the finely chopped onions, garlic and lentils in butter.

Season it with salt, pepper and pepper flakes.

On the other side, open the middle of the flour in the form of a pool; add yeast, olive oil, salt, sugar and water to it and pulp them.

Divide the dough into about 6 pieces, cover and rest them at room temperature.

Roll out the pieces thinly and add the green lentil mixture we have prepared on it.

Cook in a Teflon pan or iron plate.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Crispy Pastry with Kidney (Borlotti) Bean Paste



INGREDIENTS

2 cups boiled kidney beans
2 phyllo dough
1 onion
2 cloves of garlic
1 carrot
2 tablespoons butter
2 egg whites
½ cup oil (for frying)
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Roast the boiled kidney beans in butter with onions, garlic and carrots and bring them to a purée.

Season the prepared purée with salt and pepper.

Divide the rolls into 6 equal pieces. Add the filling ingredient on each piece and wrap them with egg whites on the ends.

Cook in hot oil and serve hot.





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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Mung Bean Pastry



INGREDIENTS

3 cups boiled mung beans
1 medium onion
1 teaspoon thyme
1 teaspoon pepper flakes
½ teaspoon black pepper
1 teaspoon salt
1 packet of puff pastry dough
1 egg yolk
1 tablespoons hash



PREPARATION

FOR 4 PEOPLE

Chop the boiled beans with a knife.

Chop the onions finely and sauté them in the pan.

Add the spices and salt.

Add the beans and mix. Allow it to cool.

Slightly enlarge the puff pastry dough with the help of a roller. Put a tablespoon of beans filling ingredient into the pastry dough. Close it in the form of a bun. Brush with egg yolk and sprinkle with hash.

Bake in the oven at 170 degrees for 40 minutes.

Serve.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Mung Bean and Cheese Pie



INGREDIENTS

1 cup boiled mung beans
1 onion
2 tablespoons butter
100 g of white cheese
½ bunch of parsley
10 pieces of puff pastry dough
1 egg yolk
2 tablespoons of sesame
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Roast the finely chopped onions in butter and add the beans into it.

Add salt, pepper and chopped parsley and take it off the stove.

After the mixture has cooled, add white cheese into it.

Wrap the puff pastry dough by putting the filling ingredient into it.


Brush the dough with egg yolks and sprinkle sesames.

Bake in the oven at 170 degrees for 25 minutes.

Serve.



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Serving Preparation time Cooking Time
For 4 people 30 min 10 min

Bulgur Pilaff with Green Lentil



INGREDIENTS

1 cup green lentils
2 cups coarse bulgur
1 onion
1 clove of garlic
2 green peppers
1 red pepper
1 tomato
3 tablespoons butter
4-5 sprigs of fresh mint
1 tablespoons pepper paste
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Wash the green lentil and the bulghurs.

Finely chop the onion, garlic, pepper and tomato.

Roast them together with garlic, onions, peppers in butter.

Add the green lentils and continue to roast.

Add bulgur, pepper paste and chopped tomatoes to the mixture and add enough water to cover it.

Season with salt and pepper.

Cook the bulgur and lentils at low heat until they boil down.

Add the freshly chopped mint to it and serve after resting a while.

You can get the same taste with Legurme Bulgur Pilaff with Green Lentil.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Rice Pilaff with Chickpeas



INGREDIENTS

2 cups rice
1 cup boiled chickpeas (shelled)
3 tablespoons of butter
3.5 cups meat/chicken juice or hot water
salt-white pepper



PREPARATION

FOR 4 PEOPLE

After wash the rice in cold water, soak it in warm and salt water for 15 minutes, drain it and roast by stirring in butter.

Add the salt, white pepper and boiled chickpeas and add boiled hot water into it.

Cook over high heat for 3 minutes, medium heat for 3 minutes, low heat for 3 minutes and take it off from the heat.

You can get the same taste with Legurme Rice Pilaff with Chickpeas.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Freekeh Pilaff with Red Lentils



INGREDIENTS

2 cups freekeh
1 cup boiled red lentils 1 onion
2 green peppers
1 tomato
2 tablespoons pepper paste
3 tablespoons butter
4 cup meat/chicken juice
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Fry the washed and drained freekeh in butter with finely chopped onions.

Add chopped pepper, tomato paste and tomatoes and season with salt and pepper.

Add hot meat or chicken juice to red lentils and cook by stirring.





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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Quinoa Pilaff with Chickpeas and Beef



INGREDIENTS

1 cup boiled chickpeas
2 cups quinoa
200 gr of lamb meat cubes 1 onion
2 green peppers
2 cloves of garlic
1 tomato
1 tablespoon tomato paste
3 tablespoons butter
3.5 cup meat or chicken juice
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Wash and drain the quinoas.

Finely chop the onion, garlic, pepper and tomato. Roast with butter.

Add diced lamb meat and quinoa and fry for 5-6 minutes, then add tomatoes, tomato paste, salt and black pepper.

After adding the boiled chickpeas, add the water.

After it boiled down, serve it hot.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Legumes Egg



INGREDIENTS

2 tablespoons boiled lentils
2 tablespoons boiled mung beans
2 tablespoons boiled cracked wheat
1 onion
2 green peppers
1 tomato
3 tablespoons butter
4 eggs
salt- black pepper-pepper flakes



PREPARATION

FOR 4 PEOPLE

Very finely chop the onion, pepper and tomato. Roast with butter.

Add lentils, mung beans and cracked wheat to the mixture.

Crack the eggs into it.

Season with salt, black pepper and pepper flakes, and serve.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Meat Casserole with Black-Eyed Beans and Mung Beans



INGREDIENTS

1 cup boiled black-eyed beans
1 cup boiled mung beans
10 shallots
2 cloves of garlic
2 aubergines
250 g of lamb meat cubes
2 tablespoons of butter
2 tomatoes
salt- black pepper- thyme



PREPARATION

FOR 4 PEOPLE

Put the butter into a casserole bowl; line up the onion, garlic and meat on it.

Line up the black-eyed beans and mung beans on the meat.

After adding diced tomatoes, aubergines, and spices, add a glass of water and close the cover of the casserole.

Bake in the oven at 200 degrees for about 2 hours and serve.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Roasted Chicken Wrap with Legumes



INGREDIENTS

1 coffee cup boiled chickpeas
1 coffee cup boiled green lentils
1 onion
1 carrot
1 clove of garlic
2 tablespoon butter
1 whole chicken
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Expand the chicken meat thinly by beating it with the help of a meat hammer.

Sprinkle with salt and pepper.

Roast the diced onion, garlic, and grated carrot in butter.

Add the boiled chickpeas and green lentils to the mixture and continue roasting.

Season with salt and pepper.

Put this mixture in the middle of the expanded meats and wrap them in the form of rolls.

Bake in the pre-heated oven at 170 degrees for 40 minutes.

Cut into rings and serve them hot.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Nohutlu Köfte



INGREDIENTS

1 cup boiled chickpeas
300 g medium-fat beef minced meat
2 onions
2 green peppers
1 tomato
1 Tablespoon of tomato paste
2 Tablespoons butter
1 clove of garlic
2 tablespoons of rice flour
1 egg
1 coffee spoon meatball seasoning
salt- black pepper



PREPARATION

FOR 4 PEOPLE

Add crushed garlic, grated onion, meatball seasoning, salt, pepper, rice flour and egg into the minced meat and knead. Let the mixture rest in the refrigerator for 2 hours.

After resting, make meatballs the size of chickpeas.

Finely chop the other onion and fry it in butter and continue frying by adding pepper, tomato and tomato paste.

Add hot water, when it starts to boil, put the chickpeas and small meatballs into the water.

After adding salt and pepper, cook over low heat and serve it hot.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.





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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 6 people	30 min	10 min

Green Lentil Pie



INGREDIENTS

For the Dough

2 cups flour
1 tea cup icing sugar
5 tablespoons butter
1 egg
½ packet of baking soda
½ packet of vanilla

Filling Ingredient

2 cups of boiled green lentils
1 teacup dried mulberry (soaked)
1 teacup dried blueberries (soaked)
1 teacup broken almonds
1 teacup apricot marmalade
You can use other fruits at the same rate
as dried fruit



PREPARATION

FOR 6 PEOPLE

Mix the flour, icing sugar and butter.
Add the eggs, baking soda, and vanilla.
Knead the dough well.
Roll out the dough with a roller. Put it
in the mould. Pierce with a fork.
Mix all the filling ingredient.
Pour neatly over the pie dough in the
mould.
Bake in the oven at 160 degrees for 25
minutes.
Allow it to cool. Pour the icing sugar
and serve it warm or cold.



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Serving
For 6 people

Preparation time
30 min

Cooking Time
10 min

Emily with Green Lentils



INGREDIENTS

For the Dough

300 gr flour
80 g of icing sugar
150 g of butter
2 egg yolks
½ packet of vanilla
½ packet of baking soda

Filling Ingredient

300 g boiled green lentils
50 g broken nuts
50 g currants
100 g brown sugar
50 g cream

*Mix all filling ingredient.

For Dressing

Sesame, almond, hazelnut, peanut



PREPARATION

FOR 6 PEOPLE

Mix the flour, icing sugar, butter, eggs, vanilla and baking soda. Knead it well.

Roll out the dough with a roller. Cut it with round mould.

Fill a tablespoon of the lentil mixture into the dough you cut.

Fold the dough in half. Press the ends with a fork. (So that it does not open) Lay it on the tray and apply egg yolk on it. You can add sesame, almond, hazelnut or peanut for dressing.

Bake in the oven at 180 degrees for 20 minutes.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Chickpea Apple Pie



INGREDIENTS

2 cup boiled chickpeas
6 tablespoon butter
1 cup granulated sugar
1 cup powdered hazelnuts 6 eggs
1.5 cup flour
1 packet of baking soda
1 packet of vanilla
3 green apples

*You can serve desserts such as pie with sauces such as fruit sauce, chocolate sauce and ice cream.



PREPARATION

FOR 4 PEOPLE

Crush the boiled chickpeas with a rolling pin.

Mix the butter and granulated sugar with a mixer.

Add the eggs one by one.

Add powdered hazelnuts, flour, baking powder and vanilla.

Add the chickpeas that we have crushed.

Line up thinly sliced apples on it.

Bake in the oven at 160 degrees for 30 minutes. Serve it warm.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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Serving
For 6 people

Preparation time
30 min

Cooking Time
10 min

Chickpea Cream Cupcake



INGREDIENTS

2 cup boiled chickpeas
6 tablespoons butter
1 cup icing sugar
1 teacup unsweetened cream
1 packet of baking soda
8 eggs
100 g powdered hazelnuts
2 cups flour

For Dressing:

300 g whipped cream
100 g melted white chocolate
4 tablespoons cherry juice



PREPARATION

FOR 6 PEOPLE

Crush the oiled chickpeas well with a rolling pin.

Beat butter, icing sugar, cream, baking soda, eggs and powdered nuts with the mixer. Add flour and fill the mixture into the cream bag or moulds.

Bake in the oven at 160 degrees for 18 minutes. Allow it to cool.

Mix the whipped cream and white chocolate with the cherry juice.

Squeeze the cream into the cakes with a cream bag and serve.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 6 people	30 min	10 min

Bean Chocolate Dome



INGREDIENTS

2 cups boiled white beans
8 tablespoons butter
1 cup granulated sugar
1 cup cream
1 packet of baking soda
1 cup yoghurt
8 eggs
1 coffee spoon cumin
1 cup broken nuts
2 cups flour

For Dressing

1 teacup boiled white beans
300 g of dark chocolate (melted)



PREPARATION

FOR 6 PEOPLE

Mix the boiled white beans with a mixer. Add butter, granulated sugar and cream. Whip up for 5 minutes.

Add baking soda, yoghurt and eggs.

Add cinnamon, broken nuts and flour, mix thoroughly.

Pour the mixture into the oval mould and cook it at 160 degrees for 35 minutes and allow to cool.

Take the mould off and line up a teacup of boiled beans on it.

Add chocolate on it. Serve.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 6 people	30 min	10 min

Chocolate Black-Eyed Beans Cake



INGREDIENTS

2 cups boiled Black-eyed Beans
1 cup granulated sugar
6 tablespoons butter
6 eggs
1 cup milk
1 teacup sunflower oil
1 packet baking soda
1 tablespoon cacao
1.5 cup flour.



PREPARATION

FOR 6 PEOPLE

Crush the oiled chickpeas well with a rolling pin.

Beat the black-eyed beans, granulated sugar and butter in the mixer; add the eggs.

Add milk, sunflower oil, baking soda, and cacao, and beat them well.

Add flour to the mixture gradually. Pour it into the greased tray.

Bake in a 170 degree oven for 30 minutes and let cool.

Serve by cutting it in a triangular shape.



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Serving
For 6 people

Preparation time
30 min

Cooking Time
10 min

Yoruk Rice Pudding



INGREDIENTS

1 litres of milk
1 cup granulated sugar
1 teacup boiled chickpeas
1 tablespoon boiled wheat
1 teacup of dried raisins
0.1 gr saffron
1 tablespoon wheat starch
1 teacup water
1 teaspoon pistachios or cinnamon.



PREPARATION

FOR 6 PEOPLE

Boil the milk and sugar in a saucepan.

Pour the boiled chickpeas, boiled wheat and raisins into the mixture. Boil at the low heat.

Add the saffron. Add a teacup of water to the starch and pour it into the mixture in the saucepan.

Fill the prepared mixture into bowls. Garnish and serve by pouring cinnamon or pistachios on top.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 12 people	30 min	10 min

Ashoura (Noah's Pudding)



INGREDIENTS

1 cup boiled chickpeas
1 cup boiled white beans
1 cup boiled cracked wheat
1 cup granulated sugar
10 dried apricots (thinly sliced)
5 dried figs (thinly sliced)
1 tablespoon of black currants
2 litres of water
1 thinly sliced orange peel
2 tablespoons wheat starch
1 cup water
Pomegranate.



PREPARATION

FOR 12 PEOPLE

Put the boiled chickpeas, boiled beans, and boiled cracked wheat into the pot. Boil granulated sugar, dried apricots, dried figs, currants and 2 liters of water in a saucepan over low heat. Add the chopped orange peels to it. Add a cup of water to the starch and pour it into the mixture. Allow it to slightly cool. Fill the prepared mixture into bowls. Top it with pomegranate seeds and serve.

You can use Legurme Boiled White Beans to get unique flavour in less time.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 8 people	30 min	10 min

Chickpea and Orange Cake



INGREDIENTS

2 cups boiled chickpeas
6 tablespoons of butter
1 cup of powdered sugar
1 cup of unsweetened cream
1 packet of baking powder
8 eggs
100 g powdered hazelnuts
2 cups flour

For Dressing:

300 g whipped cream
100 g melted white chocolate
4 tablespoons of cherry juice

1 teacup sugar
1 tablespoon starch
1 teacup water

If you want to make it in the summer, you can make it with fresh peaches or plums.



PREPARATION

FOR 8 PEOPLE

Mix the chickpeas, beans, sugar, sunflower oil, cream, cinnamon and butter thoroughly in the mixer. Add melted chocolate and eggs and add flour. Pour into the springform mould. Bake in the oven at 180 degrees for 25 minutes. Let it cool. Put the orange juice in the pot. Boil on low heat. Add powdered sugar. Mix the starch with a glass of water. Pour in the mixture and bring to a boil. Pour the orange sauce over the cake. Let it cool and serve.

Squeeze the icing into the cakes and serve. Let it cool and serve.

You can use Legurme Boiled Chickpeas to get unique flavour in less time.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 people	30 min	10 min

Beans and Cherry Pudding



INGREDIENTS

1 cup boiled chopped white beans
2 cups cherry juice
1 cup canned cherry grain
1 teacup granulated sugar
1 tablespoon wheat starch
1 teacup water
For Dressing
1 cup orange juice
2 tablespoons granulated sugar
1 tablespoon of starch
½ teacup water.



PREPARATION

FOR 4 PEOPLE

Boil the boiled beans, cherry juice, cherry grains and granulated sugar in a saucepan.

Add water into the starch. pour into the mixture and boil.

Fill the prepared mixture into bowls and allow to cool.

Boil the orange juice and sugar. Add water to the starch and pour into the mixture.

Without cooling, pour a tablespoon over the cherry mixture stuffed into bowls.

You can use Legurme Boiled White Beans to get unique flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Chickpea Caramel Cake



INGREDIENTS

1 cup boiled chickpeas
1 cup boiled white beans
1 cup granulated sugar
1 cup sunflower seed oil
1 cup unsweetened cream
1 teaspoon cinnamon
4 tablespoons melted butter
100 g melted chocolate
6 eggs
1 cup flour Whipped cream
For Dressing:
1 cup sugar
½ lemon juice
½ teacup water
1 teacup boiled chickpeas
1 teacup boiled beans



PREPARATION

FOR 4 PEOPLE

Mix chickpeas, beans, sugar, sunflower oil, cream, cinnamon, and butter thoroughly in the mixer.

Add melted chocolate, eggs and flour. Pour the mixture into the springform pan. Bake in a 180-degree oven for 25 minutes and let cool.

For the sauce: boil sugar, lemon juice and water over very low heat until they turn brown.

Take it off from the heat and add chickpeas and beans to it.

Spread whipped cream on the wet cake and pour the caramel mixture we have prepared. Allow it to cool and serve.

You can use Yayla Boiled Chickpeas to get a taste of the flavour in less time.



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Serving
For 4 people

Preparation time
30 min

Cooking Time
10 min

Lentil, Mung Bean, and Pistachio Cake



INGREDIENTS

2 cups boiled mung beans (boiled)
1 cup red lentils (boiled)
10 egg whites
1 cup granulated sugar
1 teacup olive oil
2 tablespoon butter (melted)
100 g of melted chocolate
1 cup flour
1 packet of vanilla 1 cup milk
1 cup rosehip marmalade
1 tablespoon powdered pistachios



PREPARATION

FOR 4 PEOPLE

Mash the boiled mung beans and lentils with a rolling pin.

Beat the egg white in the mixer until it turns snow white. Add granulated sugar. Add the boiled mung beans and lentils.

Add the olive oil to the melted butter and mix. Add the melted chocolate to this mixture.

Add the flour by stirring gradually.

Finally, add vanilla and milk and mix slightly.

Bake in a 170 degrees oven for 25 minutes and let cool.

Cut the cooled cake in half with a knife and spread rose hip marmalade between them.

The other piece of cake is covered on top.

Serve by pouring some rose hip marmalade on top and sprinkling pistachios on top.



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Serving
For 6 people

Preparation time
30 min

Cooking Time
10 min

Black-Eyed Beans Pudding



INGREDIENTS

2 cup boiled black-eyed beans
1 litres of milk
1 cup granulated sugar
2 egg yolks
1 tablespoon wheat starch
1 teacup water
1 packet of vanilla
1 teaspoon nuts.



PREPARATION

FOR 6 PEOPLE

Boil the black-eyed beans very well.

Mix milk, sugar and egg yolks well in the sauce pan and left to boil.

Dilute the starch with a teacup of water and add to the boiling mixture.

Add a packet of vanilla to the mixture and add the black-eyed beans and boil well.

Fill the prepared mixture into bowls and leave to cool.

When serving, garnish with hazelnuts and peanuts.



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<u>Serving</u>	<u>Preparation time</u>	<u>Cooking Time</u>
For 4 -6 people	30 min	10 min

Black-Eyed Beans Chocolate Pudding



INGREDIENTS

2 cup boiled black-eyed beans
1 litres of milk
1 cup granulated sugar
1 cup cream
1 tablespoon corn starch
1 teacup water
1 coffee spoon cacao
100 g of dark chocolate (chopped)



PREPARATION

FOR 4 - 6 PEOPLE

After the black-eyed beans are boiled, wash them thoroughly.

Put the milk, sugar, vanilla in a saucepan and bring to a boil.

Mix the starch with a teaspoon of water.

Pour it into the boiling mixture by stirring.

Divide the boiling mixture in half and mix the black-eyed beans in half.

Add cocoa and chopped chocolate to the other half of the mixture and mix.

Fill the chocolate pudding halfway up the bowls and top it with the black-eyes beans pudding. Allow it to cool and serve.





