USA Pulses
Blending Project
**PRO-TIPS FOR PULSE AND ANIMAL PROTEIN BLENDING**

*by Chef Barbara Alexander*

- Most pulses can easily be substituted for most other pulses of choice with a little experimentation; however, some pulses work better with certain animal proteins: see chart
- Rule of thumb: Match color and firmness of the protein to the pulse i.e.:
  - delicate flesh with delicate bean/lentil
    - halibut: navy bean; salmon: white kidney
  - medium texture/flavor with medium firm/flavor pulse
    - chicken: split pea; pork: lentil
  - firmer, bolder flavored meats to a heartier bean
    - beef/lamb: kidney, black bean /black eye pea
- Canned and Vacuum-Packed Pulses work wonderfully to save time. Alternatively, presoaked cooked pulses can be substituted for any recipe.
- ¾ cup of dried beans, soaked and cooked will give you approximately 1 - 15 oz can of beans.
- 1-15 oz can of beans contains about 9 oz of drained beans or 1 ¾ cup
- Pro-tip: if using canned pulses, always rinse and drain the pulses well and then pat dry on paper towels before mixing to avoid the pulses “popping out”
- Pro-tip: when using beans, use whole or lightly crushed/finger-broken. Over crushing the pulses will result in a pasty texture in the blends. Lentils and Split Peas can be left whole.
- Pro-tip: Lighter poultry and fish are best with a binder (egg/bread) to hold the mixture together. This can also allow for a higher ratio of pulses to meat.
- Pro Tip: After mixing and forming patties or meatballs allow the shaped pieces to rest in the refrigerator for 30 minutes to overnight to ensure that they will hold together when cooking
- Braises can easily be 50/50 ratio protein: pulse combinations
- All recipes for burgers can be made into 10-12 sliders for entertaining. Serve on slider buns skewered with a toothpick.
- Non-Stick Pans and Non-Stick Grills work best for pulse blends due to the starchy coating on pulses that naturally like to stick.
# A Guide to Blending Pulses and Animal Proteins

<table>
<thead>
<tr>
<th>Animal Protein (AP)</th>
<th>Recommended AP: Pulse Ratio</th>
<th>Best Blend Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>2:1 for burgers</td>
<td>Kidney, Red, Pinto, Black</td>
</tr>
<tr>
<td></td>
<td>1:1 for meatballs with binder</td>
<td>Lentils: Brown, French Green, Beluga</td>
</tr>
<tr>
<td></td>
<td>1:2 for corned beef hash</td>
<td>Black Eye Peas</td>
</tr>
<tr>
<td>Lamb</td>
<td>2:1 for burgers</td>
<td>Lentils: Brown, French Green, Beluga</td>
</tr>
<tr>
<td></td>
<td>1:1 for meatballs or croquettes with binder</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td>2:1 for burgers</td>
<td>Light Red Kidney, Pinto, Black</td>
</tr>
<tr>
<td></td>
<td>1:1 for meatballs or fillings (gyoza) with binder</td>
<td>Lentils: Brown, French Green, Split Peas</td>
</tr>
<tr>
<td>Chicken, Turkey, Duck</td>
<td>2: ¾ - 1 for burgers/meatballs</td>
<td>White Navy, White Kidney</td>
</tr>
<tr>
<td></td>
<td>1:1 for meatballs or fillings (gyoza) with binder</td>
<td>Cannellini, Pinto, Split Peas: Yellow or Green, Lentils: Brown, Red</td>
</tr>
<tr>
<td></td>
<td>3:1 for pot pies</td>
<td></td>
</tr>
<tr>
<td>Red Fish</td>
<td>2:1 for burgers with binder</td>
<td>All White Beans, Pinto Beans, Yellow</td>
</tr>
<tr>
<td></td>
<td>1:1 for meatballs/ filling or stuffings with binder</td>
<td>Split Peas, Red Lentils</td>
</tr>
<tr>
<td></td>
<td>1:1 Casseroles</td>
<td></td>
</tr>
<tr>
<td>White Fish</td>
<td>As above</td>
<td>White Navy, White Kidney</td>
</tr>
<tr>
<td>Shrimp, Crab, Lobster</td>
<td>As above</td>
<td>White Navy, White Kidney, Yellow Split Peas, Red Lentils</td>
</tr>
</tbody>
</table>
MENU

BEEF

American Western Blue and Crispy Onion BBQ Burger

Corned Beef, Tater Tot, and Black Bean Hash

Texas Green Chili and Jack “Smash” Burger

LAMB

Middle Eastern Lamb and Lentil Meatballs,
Salted Tahini Yogurt, Pickled Cucumber and Herbs

PORK

Lacy Chicken or Pork and Beluga Lentil Gyoza

Pulled Pork and Beans Sandwich with Zippy Pineapple Slaw

CHICKEN

Chicken Tikka Masala Burger

Chicken and Green Split Pea Pot Pie with Scallion Cheddar Biscuit

Crunchy Gochujang Chicken and Navy Bean Burger

SEAFOOD

Crunchy Spicy Salmon and White Kidney Bean Bahn Mi

“Fish and Chip” Burger

Giant Shell Tuna Casserole
American Western Blue & Crispy Onion BBQ Burger
PRIMARY METHOD: 2:1 AP: Pulse Ratio, Blended Beef and Pulse Burger
PORTIONS: 4
DESCRIPTION: Classic American Burger but healthier with a blend of Beef and Red Kidney Beans.

**STEP 1**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onions</td>
<td>8 oz</td>
<td>sweet • sliced into very thin rings</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Smoked paprika</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 cups</td>
<td></td>
</tr>
</tbody>
</table>

For The Crispy Onions:
To get even thin slices, slice the sweet onions on a mandolin.
Mix the flour, paprika and salt in a bowl.

In a deep saucepan or tabletop deep fryer, heat the canola oil to 350°F

Dredge the onions in the flour and deep fry until they stop bubbling and are golden brown.
Remove from the oil to a paper-towel lined cookie sheet and immediately sprinkle with salt.

**STEP 2**
For The Burger Patties:

Very gently mix the ground beef, salt, pepper and 2 tbsp. of BBQ sauce. Break the kidney beans up a little with your fingers (do not crush or mash them)

Fold the beans into the meat and form 4 equal patties.

Refrigerate for 30 minutes or more.

Grill the burgers over a hot fire or in a grill pan for about 3-4 minutes per side or until desired doneness. Baste the burger with a generous amount of BBQ sauce after you have flipped it.

When the burgers are done, keep warm in a very low oven (150°F) until ready to assemble.

**STEP 3**

**For Assembly:**

Mix the mayonnaise with the BBQ Sauce.

Lightly toast or grill the Sesame Buns.

To assemble the burgers: Spread both sides of the bun with the BBQ Mayo, add lettuce and sliced tomato, meat and bean patty, blue cheese, a pile of the crispy onions and the top bun. Serve with dill pickles on the side.
Corned Beef, Tater Tot & Black Bean Hash

PRIMARY METHOD: 1:2 Ratio AP: Pulse, Breakfast Pulse Blend
PORTIONS: 4
DESCRIPTION:
Corned Beef, Tater Tots and Black Beans make this tasty traditional hash, healthier with a twist.

**STEP 1**
8 oz • Corned Beef, cooked • medium diced
20 • Tater Tots
1 can • Black Beans • rinsed and drained
3 tbsp • Olive Oil
1 each • Red Bell Pepper • small diced
1/2 each • Red Onion • sliced
1 tbsp • Aleppo Pepper flakes
1 tsp • Salt
1/2 cup • Sour Cream • optional
3 each • Green onions • sliced
1/4 cup • Italian parsley (flat-leaf) • leaves, shredded
4-8 each • Whole eggs • 1-2 per person

For the Hash:
Cooked corned beef is easily found in the deli section of the grocery store. Ask them to cut two 1/2-inch slabs rather than slicing. Dice the slabs into 1/4 inch pieces when you get home.
Preheat the oven to 425°F. Tear the tater tots in 1/2s and cook on a cookie sheet in a single layer until nicely brown. Keep warm.
In a large cast iron or non-stick sauté pan, heat the olive oil until very hot and sauté the bell peppers and onions for a few minutes, until they are al-dente. Season with salt and Aleppo pepper.
Add the corned beef and black beans and continue to sauté over medium heat until heated through, about 4-5 minutes.
Add the sour cream, stir to combine. Put a lid on the pan and turn off the heat.
In a little olive oil, cook the eggs sunny-side up and season with salt and Aleppo pepper when done.
To finish, remove the lid from the corned beef. Stir in the tater tots and the herbs. Serve, topped with a sunny-side up egg.
Texas Green Chili & Jack "Smash" Burger

PORTIONS: 4

DESCRIPTION:
All Beef and Black Eye Pea "Smash" Burger with a Classic Texas Taste, Charred Chili Aioli and 30% less animal protein!

**STEP 1**

1 lb • Ground beef

2 oz • Red onion • finely minced  
2 tsp • Garlic • finely minced  
1 tsp • Chipotle chile powder  
2 tsp • Ancho chili powder  
8 oz • Black eyed peas - cooked • well drained  
2 tsp • Salt  
4 oz • Jack Cheese • sliced  

For the Burger Patties:

Prepare the caramelized onions in step 2. Set aside.

Gently mix the ground beef, onion, garlic, and chili powders.

Add the black eye peas and salt and mix.

Form into 4 equal loosely packed balls (not patties) and refrigerate for 30 minutes or more.

To Cook the Smash Burgers:

Heat a cast-iron skillet or non-stick griddle pan over medium-high heat. Place the beef balls on the hot skillet, flattening them evenly with a heavy metal spatula. Season with salt and pepper, and top with 1/2 the caramelized onions pressing them with a spatula into the burger patty. To brown the meat, cook for approximately 3 minutes. Flip the patties, season add remaining onions and press and crisp the opposite side; cook 2-3 minutes more. Top with the Jack Cheese and keep in a warm oven (150 °F) until ready to assemble.
### STEP 2
8 oz • Red Onion • thinly sliced
2 tbsp • Water
1 tbsp • Butter
1 pinch • Salt

For the Caramelized Onions:
In a large sauté pan, place the onions, water, butter, salt and place over high heat, tossing regularly until the onions are nicely caramelized and all the liquid has evaporated.

### STEP 3
2-3 each • Jalepeño • or 1/4 cup canned green chilies
2/3 cup • Mayonnaise
1 clove • Garlic clove • crushed to a paste with a pinch of salt
1 tbsp • Lime juice
2 each • Green onions (green part only) • finely sliced
1/4 cup • Cilantro leaves • shredded

For the Charred Green Chili Mayo:
Place the green chilies in a dry, hot, cast iron skillet, pressing down and turning them now and then, until they are blackened on all sides and quite soft. Remove from the pan and scrape off most of the char with a knife. Split open and remove the seeds. Chop roughly. Don't worry if there are some remaining black bits.

Mix the chilies with the mayo and add all remaining ingredients.

Refrigerate until ready to use.

### STEP 4
4 each • Pretzel Buns or burger bun
1 each • Avocado
1/2 head • Frisee Lettuce

For Assembly:
Lightly toast the Pretzel buns.

Slather each bun with the green chili aioli, the patty, avocado slices and Frisee.
Middle-Eastern Lamb & Lentil Meatballs, Salted Tahini Yogurt, Pickled Cucumbers and Herbs

PRIMARY METHOD: 1:1 AP:Pulse Ratio, Beef, Lamb and Pulse Blend Meatballs
PORTIONS: 4
DESCRIPTION:
Mid-East Flavored Beef, Lamb and Lentil Meatballs with Tahini Yogurt Sauce, Pickled Vegetables and Fresh Mediterranean Herb Salad

<table>
<thead>
<tr>
<th>STEP 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp • Extra-virgin olive oil</td>
</tr>
<tr>
<td>2 oz • Onion</td>
</tr>
<tr>
<td>2 each • Garlic clove</td>
</tr>
<tr>
<td>1 tbsp • Fresh red chiles</td>
</tr>
<tr>
<td>1 • Lemon zest</td>
</tr>
<tr>
<td>1 tsp • Spanish smoked paprika</td>
</tr>
<tr>
<td>1/2 tsp • Turmeric - ground</td>
</tr>
<tr>
<td>1/2 tsp • Cumin - ground</td>
</tr>
<tr>
<td>1/2 tsp • Cinnamon - ground</td>
</tr>
<tr>
<td>1 tsp • Chili powder</td>
</tr>
<tr>
<td>1/2 tsp • Salt</td>
</tr>
</tbody>
</table>

For the Spice Paste:

Heat a small sauté pan. Add the olive oil and onion and sauté until golden brown.
Add the garlic, chilies and lemon zest and sauté until fragrant—about 2 minutes.
Add the spices and salt and sauté for another minute.
Add the lemon juice and remove to a large mixing bowl to cool.
1/4 cup • Lemon juice

<table>
<thead>
<tr>
<th>STEP 2</th>
<th>For the Croquettes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz • Ground beef</td>
<td>When the above spice paste is cool, add the ground meat and mix well with hands to combine.</td>
</tr>
<tr>
<td>4 oz • Ground lamb</td>
<td>Add the whole wheat bread and egg and mix again to combine thoroughly.</td>
</tr>
<tr>
<td>1 slice • Whole Wheat Bread • torn into crumbs</td>
<td>Carefully fold in the lentils without crushing them.</td>
</tr>
<tr>
<td>1 each • Egg</td>
<td>Cook a tablespoon size patty and test for seasoning adjusting if necessary with salt.</td>
</tr>
<tr>
<td>8 oz • Lentils - brown • cooked</td>
<td>Form into 2 oz patties and if you have time, refrigerate for 30 minutes before cooking.</td>
</tr>
<tr>
<td>1/4 cup • Olive oil</td>
<td>In a non-stick pan, heat the remaining olive oil and pan the patties for 3-4 minutes per side until they register 155°F on an instant read thermometer.</td>
</tr>
</tbody>
</table>

For Assembly:

Spoon the Salted Yogurt Sauce onto 4 plates. Top with the patties and the herbs serving the pickles on the side.

Alternatively, serve all components in a pocket bread or pita as a sandwich.
**STEP 3**

1/2 cup • Water

For the Pickled Vegetables:

1/2 cup • White wine vinegar

In a small non-reactive saucepan, bring the water, vinegar, turmeric, garlic, sugar and salt to a full rolling boil.

1 tsp • Turmeric

Pour over the vegetables, pressing to submerge. Allow to cool to room temperature and refrigerate.

1 each • Garlic clove

1 tbsp • Sugar

These quick pickles will last for up to one week in the fridge.

1 tsp • Salt

1/2 each • Red onion • thinly sliced

1 each • Fresh red chili • seeded and thinly sliced

1/2 each • Cucumber - Long English • unpeeled, thinly sliced

**STEP 5**

1 cup • Yogurt - plain, full fat

For the Salted Yogurt Sauce:

2 tbsp • Tahini

In a small bowl whisk together all ingredients.

1 tsp • Salt • plus more if needed

Adjust the seasoning with more salt if needed. This sauce should be quite salty and lemony.

1/4 cup • Lemon juice
<table>
<thead>
<tr>
<th>STEP 6</th>
<th>For the Herb Salad:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup • Mint leaves</td>
<td>Right before serving, toss the mixed leaves with a splash of Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>1/2 cup • Cilantro leaves</td>
<td>and a pinch of salt.</td>
</tr>
<tr>
<td>1/2 cup • Dill sprigs</td>
<td>Serve immediately.</td>
</tr>
<tr>
<td>1/2 cup • Parsley - flat leaf-leaves</td>
<td></td>
</tr>
<tr>
<td>splash • Extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>pinch • Salt</td>
<td></td>
</tr>
</tbody>
</table>
**Lacy Chicken or Pork & Beluga Lentil Gyoza**

**PRIMARY METHOD:** 2:1 AP:Pulse Ratio (by volume), Gyozas with Chicken (or Pork) and Beluga Lentils

**PORTIONS:** 6-10

**DESCRIPTION:**
Asian style Gyoza with an optional edible Lace-top, equally good with either Chicken or Pork Blended with Beluga Lentils

<table>
<thead>
<tr>
<th>STEP 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp • Fresh ginger root • minced</td>
<td>For the Gyoza Filling:</td>
</tr>
<tr>
<td>1 each • Garlic clove • minced</td>
<td>Mix all ingredients together very well. Cook a small amount to test for seasoning.</td>
</tr>
<tr>
<td>4 each • Water chestnuts • minced</td>
<td>Chill until ready to use.</td>
</tr>
<tr>
<td>3 each • Shiitake mushroom caps • finely minced</td>
<td></td>
</tr>
<tr>
<td>2 each • Green onions • finely sliced</td>
<td></td>
</tr>
<tr>
<td>3 leaf • Napa Cabbage • finely shredded</td>
<td></td>
</tr>
<tr>
<td>8 oz • Chicken or Pork Ground</td>
<td></td>
</tr>
<tr>
<td>2 oz • Beluga Lentils, cooked</td>
<td></td>
</tr>
<tr>
<td>1 each • Egg</td>
<td></td>
</tr>
<tr>
<td>Sesame oil</td>
<td></td>
</tr>
<tr>
<td>Soy sauce</td>
<td></td>
</tr>
<tr>
<td>Gochujang or other Chili sauce</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp • Salt</td>
<td></td>
</tr>
</tbody>
</table>
### STEP 2

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pkg Gyoza Wrappers</td>
<td>Making the Dumplings: Have a cookie sheet lined with wax or parchment paper.</td>
</tr>
<tr>
<td>warm water for sealing</td>
<td>Place a gyoza wrapper in your non-dominant hand and a scant tablespoon of filling in the center of the wrapper.</td>
</tr>
<tr>
<td>2 tsp Cornstarch</td>
<td>Dip your finger in the warm water and circle it around the edge of the wrapper.</td>
</tr>
<tr>
<td>pinch Salt</td>
<td>Fold the gyoza in half, and working with the edge of the wrapper that is on top, seal one end and then begin making 1/4 inch pleats all the way to the opposite end pinching to seal. Place the finished gyoza on the wax paper and repeat until you have used all filling.</td>
</tr>
<tr>
<td>3/4 cup Water</td>
<td>To cook the gyoza and make the optional lacy top, heat a tablespoon of oil in a skillet and place the gyoza flat side down in a single layer. Cook over medium heat until golden brown on the bottom.</td>
</tr>
<tr>
<td>Canola Oil for frying</td>
<td>For the lace top, mix the cornstarch, salt and water and pour quickly into the pan. This step is optional but very pretty. If not doing simply use only water.</td>
</tr>
<tr>
<td></td>
<td>Cover with a lid and steam for 5 minutes. Remove the lid and allow all water to evaporate and the lace crisp to brown to a golden color. Serve with home made dipping sauce.</td>
</tr>
</tbody>
</table>
STEP 3

1/4 cup • Rice vinegar

1/4 cup • Soy sauce

2 tbsp • Gochujang • or more if desired

For the Dipping Sauce:

Mix all ingredients together and serve with the gyoza.
Pulled Pork & Beans Sandwich with Zippy Pineapple Slaw

PRIMARY METHOD: 2:1 Ratio Pork:Beans after braising, Braised Pork and Beans Blend
PORTIONS: 6
DESCRIPTION: A Classic but healthier Pulled Pork Sandwich with 1/3 less animal protein!
Same classic taste complimented by Pineapple Slaw

**STEP 1**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>For The Pulled Pork:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb • Pork shoulder or butt • sliced into 1 inch slabs</td>
<td>Preheat the oven to 325°F</td>
</tr>
<tr>
<td>1 each • Onion - medium • sliced thinly</td>
<td></td>
</tr>
<tr>
<td>3 each • Garlic cloves • crushed</td>
<td>Place the pork in a saucepan that hold the slices in a layer no more than an inch deep.</td>
</tr>
<tr>
<td>10 oz • Cider Vinegar</td>
<td>Add all ingredients except the beans and the buns to the pot, and bring to a simmer over medium heat. Cover with aluminum foil and a tight fitting lid. Place in the oven and cook slowly for 2 hours.</td>
</tr>
<tr>
<td>5 oz • BBQ Sauce</td>
<td></td>
</tr>
<tr>
<td>4 oz • Brown Sugar</td>
<td>Remove the meat from the sauce. When cool enough to handle, shred the meat and add back to the sauce with the kidney beans. Reheat to serve or cool and refrigerate until ready to use.</td>
</tr>
<tr>
<td>1 tbsp • Kosher salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp • Spanish paprika, smoked</td>
<td>To assemble the sandwiches: lightly toast the buns and divide the filling equally amongst them. Serve immediately with a side of Zippy Pineapple Slaw.</td>
</tr>
<tr>
<td>1 tsp • Cumin, ground</td>
<td></td>
</tr>
<tr>
<td>2 tbsp • Hot Sauce</td>
<td></td>
</tr>
<tr>
<td>2 tbsp • Tomato Paste</td>
<td></td>
</tr>
<tr>
<td>1 can • Red kidney beans - canned • rinsed and drained</td>
<td></td>
</tr>
<tr>
<td>6 each • Brioche Bun or Sweet Hawaiian Hamburger Size Bun</td>
<td></td>
</tr>
</tbody>
</table>
**STEP 2**

4 oz • Red cabbage • very finely shredded

4 oz • Green cabbage • very finely shredded

1/2 • Jalepeno • seeds removed and very thinly shredded

8 oz • Fresh pineapple • cut into matchstick size pieces

1 • Carrot • peeled and then stripped lengthwise using the peeler

2 tbsp • Lime Juice

2 tbsp • Canola oil

1 tsp • Salt
1 tsp • Sugar

1/2 bunch • Cilantro leaves • leaves only

For The Slaw:

To get the cabbage very finely sliced, a mandolin in the preferred piece of equipment. But watch your fingers!

To prepare the carrot, using a vegetable peeler--peel lengthwise strips off the carrot.

Mix the cabbage, jalepeno, pineapple and carrot in a bowl and toss with the lime juice, canola oil, salt and sugar. Adjust the seasoning if necessary.

Toss in the cilantro leaves and serve or refrigerate for later use.
Chicken Tikka Masala Burger
PRIMARY METHOD: 2:1 AP: Pulse/Veg Mix (approx), Poultry and Pulse Blend Burger
PORTIONS: 4
DESCRIPTION:
Indian-Spiced Ground Chicken and Split Pea Burger

STEP 1
For The Tikka Massala Patties:

Cover the split peas with cold water and a pinch of salt. Cook for 5 minutes or until tender but still slightly crunchy.

Drain well and spread on a paper towel to remove any excess water.

Mix the ground chicken, red onion, garlic, chicken tikka paste, spices, honey, and salt.

Fold in the well-drained split peas or lentils.

Shape into four equal patties, and refrigerate for at least 30 minutes or longer.

Heat a non-stick skillet. Add 2 tbsp canola oil and 2 tbsp butter and heat until foaming.

Cook the patties about 5 minutes per side and until the interior of the patty registers 155°F internally.

Brush both sides of the patty liberally with Mango Chutney on both sides when done.

Keep Warm in a very low oven (150°F) until ready to serve.

For The Raita:

8 oz • Yogurt - plain, Greek

STEP 2
1 oz • Onions - sweet • finely chopped
1 clove • Crushed garlic • finely minced
3 oz • Cucumber English • sliced thinly
1 tbsp • Lemon juice
1/2 tsp • Salt
2 tbsp • Fresh mint leaves • shredded
1 tbsp • Green Chili • shredded

In a medium bowl, mix all ingredients.
Refrigerate until ready to use.

STEP 3

1/4 cup • Rice Vinegar
2 • Red Onion
2 tbsp • Sugar
1 tbsp • Salt

For The Pickled Onions:
Mix vinegar, sugar and salt.
Pour over sliced onion and press down to submerge.
Stored in the refrigerator, these pickles will last up to one week.

STEP 4
4 each • Brioche or Sweet Bun or Packaged Naan Bread

1/2 cup • Mango Chutney

For Assembly:

Warm the Naan Bread (to eat as a wrap) or lightly toast the Sweet Bun.

Spread the bread/bun with Mango Chutney.

Top with Chicken and Split Pea Burger, Yogurt Raita Sauce and Pickled Onions.

Serve immediately.
Chicken & Green Split Pea Pot-Pie with Scallion Cheddar Biscuits

**PRIMARY METHOD:** 3:1 AP: Pulse Ratio plus vegetables, Poultry and Pulse Braised Stew for Pot Pie

**PORTIONS:** 4

**DESCRIPTION:**
Savory Chicken and Split Pea Pot Pie with a Cheddar Scallion Biscuit Top

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**STEP 1**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz • Boneless - skinless chicken breasts • cut into 1” cubes</td>
<td>4 tbsp • Extra-virgin olive oil • divided into 2 amounts of 2 tbsp.</td>
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<tr>
<td>---</td>
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</tr>
</tbody>
</table>

**For the Pie Filling:**

- In a pot of salted water, cook the split green peas for exactly 6 minutes -- they will still have a bit of a crunch. Drain and reserve.
- In a large sauté pan heat 2 tbsp. of olive oil until very hot and add the mushrooms and cook until golden brown. Add the onion and carrot and sauté for a few minutes. Add the garlic, thyme, sage and celery and continue to cook for another minute until fragrant. Remove from pan.
- Add the remaining 2 tbsp. of olive oil and when hot, add the chicken cubes and lightly brown on all sides.
- Add the vegetables back to the pot, sprinkle in the flour, stirring to coat.
- Add the white wine and hot chicken broth and stir. Simmer for 5 minutes.
- Add the split peas and simmer for another 5 minutes.
- Refrigerate until ready to use (up to overnight) or spoon directly into an 8 inch casserole dish or individual 12 oz baking dishes.
- This filling also freezes well.
- Preheat the oven to 400°F
4 oz • Green split peas • dry

Top each individual pot pie with a raw biscuit below, (or top the casserole with biscuits). Brush the biscuits with a little of the extra buttermilk, sprinkle with cheese and bake for 30 minutes. Serve immediately.

**STEP 2**

<table>
<thead>
<tr>
<th>4 oz • Green split peas • dry</th>
<th>1 cup • All-purpose flour • plus 1/4 cup for rolling out</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz • Sharp Cheddar Cheese • grated, 1 oz reserved for the tops</td>
<td>1 1/2 tsp • Baking powder</td>
</tr>
<tr>
<td>2 each • Green Onions • green part only, thinly sliced</td>
<td>1/2 tsp • Salt</td>
</tr>
<tr>
<td>1 1/2 tsp • Freshly ground black pepper</td>
<td>1/2 tsp • Freshly ground black pepper</td>
</tr>
<tr>
<td>5 tbsp • Butter • cold and cut into very small cubes</td>
<td>3/4 cup • Buttermilk • plus 1/4 cup for finishing the top</td>
</tr>
<tr>
<td>4 oz • Sharp Cheddar Cheese • grated, 1 oz reserved for the tops</td>
<td>2 each • Green Onions • green part only, thinly sliced</td>
</tr>
</tbody>
</table>

For the Biscuits:

Place the flour, baking powder, salt and pepper in a bowl and whisk to combine.

Add the very small cubes of butter and work between your fingers until the butter is the size of green peas.

Add the cheddar cheese and green onions and mix into the flour. Add the buttermilk and using a fork, mix until JUST combined.

Sprinkle the work surface with flour and pat the dough into a circle, 3/4 inch thick. Cut circles that will fit just inside your individual containers, or cut enough smaller circles to cover the surface of the casserole dish.
Crunchy Gochujang Chicken & Navy Bean Burger

PRIMARY METHOD: 2:1 AP: Pulse (approx), Chicken and Pulse Blend Burger
PORTIONS: 4
DESCRIPTION:
Korean flavored Chicken and Navy Bean Burger with a crunchy noodle coating and coleslaw.

STEP 1

1 tbsp • Canola oil

2 oz • Onion • finely chopped

4 oz • Brown mushroom • finely chopped

2 tbsp • Soy sauce

2 tsp • Honey

1 tsp • Garlic clove • finely chopped

For the Flavor Base:

In a sauté pan, heat the canola oil, sauté the onion, mushroom, and garlic for 5-7 minutes or until golden brown.

Turn off the heat.

Add soy sauce, gochujang, honey; stir to combine.

Remove to a medium bowl and allow to cool down and set aside.
### STEP 2

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb • Ground chicken</td>
<td></td>
<td>For the Burger Patties:</td>
</tr>
<tr>
<td>6 oz • Navy Beans • drained</td>
<td></td>
<td>Mix the ground chicken, navy beans, and green onion into the cooled</td>
</tr>
<tr>
<td>2 each • Green onions • sliced thin</td>
<td></td>
<td>mushroom flavor base.</td>
</tr>
<tr>
<td>Mushroom - gochujang mixture from step 1</td>
<td></td>
<td>Season with Salt and Korean Chili flakes (or 1 tsp. regular chili</td>
</tr>
<tr>
<td>1 tsp • Salt</td>
<td></td>
<td>flakes)</td>
</tr>
<tr>
<td>2 tsp • Korean chili flakes</td>
<td></td>
<td>Spread the crispy chow mein noodles on a cookie sheet.</td>
</tr>
<tr>
<td>1 can • Chow Mein Noodles • snack-style</td>
<td></td>
<td>Shape the burger mix into four equal patties and place on the chow</td>
</tr>
<tr>
<td>4 tbsp • Canola oil</td>
<td></td>
<td>mein noodles, turning to coat on all sides. Refrigerate for 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>minutes or more.</td>
</tr>
</tbody>
</table>

**STEP 3**

Heat the canola oil over medium heat and cook the crispy coated burgers on each side for 5 minutes or until they register 155°F.

Keep warm in a low (150 °F) oven until ready to assemble.
For the Garnishes & Assembly:

Mix the mayo and Gochujang and set aside for spreading on the buns.

Mix the cabbage, radishes, jalapeño.

Make the dressing by whisking the rice vinegar with the honey, oil and salt.

Toss the cabbage mixture, the dressing and the cilantro leaves.

To assemble the Burger: Lightly toast the buns and spread both sides with the Gochujang mayo. Place the Chicken and Navy Bean Burger and top with Slaw.

1/2 cup • Mayonnaise
3 tbsp • Gochujang
3 oz • Red Cabbage • very finely shredded on a mandolin
3 oz • Green Cabbage • very finely shredded on a mandolin
3 each • Radishes • very finely sliced on a mandolin
1 each • Jalapeño • de-seeded and very finely shredded
2 tbsp • Rice Vinegar
1 tbsp • Canola oil
1 tbsp • Honey
Salt to taste
1/2 cup • Cilantro leaves
4 each • Burger Bun
Crunchy-Spicy Salmon & White Kidney Bean Bahn Mi

PRIMARY METHOD: 2:1 Fish: Pulse Blend, Red Fish and Pulse Blend Sandwich

PORTIONS: 4

DESCRIPTION:
Vietnamese flavored Fish and Pulse Blend sandwich with traditional garnishes.
*This can also be done with White Shrimp instead of Salmon

### STEP 1

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish - Atlantic salmon - wild</td>
<td>8 oz</td>
<td>cut into 1 inch cubes</td>
</tr>
<tr>
<td>Garlic clove</td>
<td>1 each</td>
<td>finely minced</td>
</tr>
<tr>
<td>Green onions</td>
<td>2 each</td>
<td>finely sliced</td>
</tr>
<tr>
<td>Fresh ginger root</td>
<td>1 tbsp</td>
<td>finely grated</td>
</tr>
<tr>
<td>Jalapeño</td>
<td>1 tbsp</td>
<td>de-seeded and finely minced</td>
</tr>
<tr>
<td>Lime zest</td>
<td>1 tsp</td>
<td>finely grated</td>
</tr>
<tr>
<td>Egg</td>
<td>1 each</td>
<td>whisked</td>
</tr>
<tr>
<td>White bread crumbs</td>
<td>1/2 cup</td>
<td>fresh (not panko)</td>
</tr>
<tr>
<td>White kidney beans</td>
<td>4 oz</td>
<td>well drained, and patted dry on a paper towel</td>
</tr>
</tbody>
</table>

For the Salmon Patties:

- Chop the salmon until you have 1/4 inch uneven size pieces. (this should not be very fine, rather a coarse uneven chop is best!)
- Add the aromatics: garlic, green onions, ginger, lime zest, jalapeño.
- Stir in the egg and the bread crumbs.
- Lightly crush the white kidney beans with a fork (do not crush to a paste, the beans should still be somewhat intact) and fold into the salmon.
1 tbsp • Lime juice
Add lime juice and fish sauce and stir gently to combine.
1 1/2 tbsp • Vietnamese fish sauce
Sprinkle a cookie sheet with the crushed potato chips.
2 cups • Potato Chips, plain • crushed
Shape the Salmon mixture into 4 equal oval patties the length of your bun
and place on the crushed potato chips patting the crushed chips over all
surfaces. Refrigerate for 30 minutes.
4 tbsp • Canola oil
In a non-stick pan heat the canola oil on medium heat.
Pan fry the chip-coated Salmon and Bean Patties until golden brown,
about 3 minutes each side.
Assemble as in step 4.

**STEP 2**

1/2 cup • Mayonaise
For the Vietnamese Mayo:
1 tsp • Garlic • minced
Mix all ingredients in a bowl. Refrigerate until ready to use.
1 tsp • Lime zest
1 tbsp • Lime juice
1 tbsp • Jalapeño
1 tsp • Sugar
1 tsp • Vietnamese fish sauce (optional)
1/4 tsp • Black pepper (to taste)
1/4 cup • Cilantro leaves • chopped
STEP 3
1/3 cup • Rice vinegar
1/3 cup • Water
2 tbsp • Sugar
1/2 tbsp • Salt
1 oz • Watermelon raddish or Daikon • julienne
1 oz • Carrot • julienne
1/2 oz • Chiles red or green • julienne

For The Pickled Vegetables:

In a small pot, bring vinegar, water, sugar, and salt to a boil.

Pour over julienne vegetables and allow to sit.

These will last up to one week in your refrigerator.

STEP 4
Bahn Mi Buns or Torpedo Rolls • this can also work on a baguette cut into 4 equal lengths
1/4 cup • Mint leaves
1/4 cup • Thai Basil leaves
4 sprig • Cilantro sprigs
1/2 each • Cucumber English • shredded
4 leaf • Lettuce - red leaf
Sriracha sauce • on the side

To Assemble the Bahn Mi:

Lightly toast the buns and smear both sides generously with the Vietnamese Mayo.

Top with the Crunchy Salmon & White Kidney Patties, herbs, pickled radish and carrot, shredded cucumber, red leaf lettuce and serve extra Sriracha sauce on the side.
**"Fish & Chip" Burger**

PRIMARY METHOD: 2:1 Fish : Pulse Ratio (approx), Fish and Navy Bean Burger

PORTIONS: 4

DESCRIPTION:
A play on British Fish and Chips, this White Fish and Navy Bean Blended Burger has a generous handful of Shoestring Potatoes and Tartar Sauce.

<table>
<thead>
<tr>
<th>STEP 1</th>
<th>For the Fish Patties:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb • Fish - halibut - or other firm fleshed white fish • chopped in 1/2 inch cubes</td>
<td>Place the fish and onion in the bowl of a food processor.</td>
</tr>
<tr>
<td>2 oz • White Onion • finely chopped</td>
<td>Pulse a few times--only until coarsely ground. do not over-pulse--this should be a VERY coarse mix, not a paste. Alternatively, you can chop this mixture by hand.</td>
</tr>
<tr>
<td>2 each • Egg whites</td>
<td>Remove to a bowl. Add the egg white, a pinch of salt, and white pepper, and barely crushed Navy Beans and fold together with a rubber spatula to combine.</td>
</tr>
<tr>
<td>pinch • Salt</td>
<td>Form into four equal patties. Coat both sides of each patty with panko and refrigerate for 30 minutes or until ready to use.</td>
</tr>
<tr>
<td>pinch • White pepper - ground</td>
<td>When ready to serve, heat the butter and oil in a non-stick pan.</td>
</tr>
<tr>
<td>6 oz • Navy beans - canned, drained • just barely crushed with fork</td>
<td>Brown each side of the patties, approximately 3-4 minutes each side.</td>
</tr>
<tr>
<td>2 tbsp • Lemon juice</td>
<td>Assemble as indicated in step 4.</td>
</tr>
<tr>
<td>1 cup • Panko</td>
<td></td>
</tr>
<tr>
<td>2 tbsp • Canola oil</td>
<td></td>
</tr>
<tr>
<td>2 tbsp • Butter</td>
<td></td>
</tr>
</tbody>
</table>
### STEP 2

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>2/3 cup</td>
<td>Store-bought</td>
</tr>
<tr>
<td>Pickle relish</td>
<td>3 tbsp</td>
<td></td>
</tr>
<tr>
<td>Capers (non-perell)</td>
<td>1 1/2 tbsp</td>
<td>chopped</td>
</tr>
<tr>
<td>Green onion</td>
<td>2</td>
<td>finely minced</td>
</tr>
<tr>
<td>Malt vinegar or lemon juice</td>
<td>1 1/2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Lemon zest</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 pinch</td>
<td></td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Fresh dill sprigs</td>
<td>2 tbsp</td>
<td>chopped</td>
</tr>
</tbody>
</table>

**For the Tartar Sauce:**

Mix all ingredients together.

Refrigerate until ready to use.

* For an authentic British flavor, use malt vinegar instead of the lemon juice, but both are equally good!

### STEP 3

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red onion</td>
<td>2 oz</td>
<td>thinly sliced</td>
</tr>
<tr>
<td>Rice Wine Vinegar</td>
<td>2 oz</td>
<td></td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>1 tbsp</td>
<td></td>
</tr>
</tbody>
</table>

**For the Pickled Red Onion:**

Pour vinegar and sugar over red onion.

Stir and allow to sit for 30 minutes to overnight.

### STEP 4
4 oz • Iceberg lettuce • shredded

4 each • Potato bun • split and toasted

1 cup • Shoestring potatoes • Pik-Nik brand

For assembly:

Spread tartar sauce on the both sides of each of the lightly toasted buns.

Top with shredded lettuce, the fish patty, the pickled red onion, and a generous handful of shoestring potatoes.

*If you cannot find Shoestring Potato Chips --good quality chips plain, or salt and vinegar work well.

Place the top bun, and serve immediately.
**Giant Shell Tuna Casserole**  
PRIMARY METHOD: 1:1 Fish:Pulse Ratio, Tuna and White Bean Blend Casserole  
PORTIONS: 4  
DESCRIPTION:  
A crusty, cheesy topping, giant shells and half pulses make a healthier take on a homey classic.

**STEP 1**

<table>
<thead>
<tr>
<th>Ingredient(s) / Notes</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp • Butter</td>
<td></td>
</tr>
<tr>
<td>2 tbsp • All-purpose flour</td>
<td></td>
</tr>
<tr>
<td>8 oz • Milk - 2%</td>
<td></td>
</tr>
<tr>
<td>2 sprig • Fresh thyme</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp • Salt</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp • Ground black pepper</td>
<td></td>
</tr>
</tbody>
</table>
| 3 oz • Cheddar, white, grated • reserve half for later | In a small saucepan, melt the butter until foaming. Whisk in the flour until smooth.
| 3 oz • Mozzarella, grated • reserve half for later | Add the milk in a steady stream while whisking to remove any lumps. Add the thyme sprigs and cook over medium heat until the sauce has simmered for 3 minutes. Remove from heat and stir in 1/2 the cheese (reserving the other half for the baking step) |  

Set aside.
**STEP 2**

2 tbsp • Butter

For the Vegetables:

3 oz • Button mushrooms • thinly sliced

In a sauté pan, heat the butter until foaming. Add the mushrooms and onions, and cook over high heat until nicely brown,

2 oz • Onion • finely chopped

Add the garlic and the celery and sauté a few more minutes until aromatic.

2 stalk • Celery, sliced in 1/2 lengthwise • finely sliced

Add the white wine and reduce just until there is no visible liquid in the bottom of the pan. Reserve.

2 each • Garlic clove • finely chopped

2 oz • White wine

**STEP 3**

8 oz • Giant Shell Pasta

For the Assembly:

1 can • Tuna, canned in olive oil, drained • 4 oz.

In a large pot of boiling salted water cook the giant shells 7-8 minutes or until al dente (still some resistance to the tooth). Pour through a colander and run some cold water over the shells to cool them. Allow to drain thoroughly.

4 oz • Cannellini beans

In a medium bowl, combine the drained tuna, white beans, cheese sauce, mushroom mix and the herbs. Taste for seasoning and adjust if necessary.

Cheese Sauce from above

Mushroom mix from above

2 tbsp • Italian parsley (flat-leaf) • shredded

2 cups • Tomato Sauce

1 tbsp • Basil - Fresh • shredded
Preheat the oven to 375°F

Butter a 9x13 casserole dish and smear the bottom with 3/4 of the tomato sauce.

Fill each of the shells completely with the tuna filling and place on the tomato sauce.

Drizzle the casserole with 1/2 cup of water. Dot with remaining tomato sauce and sprinkle with cheese.

Mix the panko olive oil and a pinch of salt and pepper. Sprinkle over the cheese.

Cover with aluminum foil and bake for 30 minutes. Remove the tin foil and continue to bake for another 10-15 minutes until the cheese and panko are brown and crusty.

1/2 cup • Water
Cheddar and Mozzarella, reserved from above
1 cup • Panko
1/4 cup • Extra-virgin olive oil
salt and pepper to taste
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This syllabus was developed using the resources of The Culinary Institute of America.

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