

Large scale Lupin goes local

If you call in at a seaside town in Portugal and order a beer, a small bowl of Lupini would be served aside it. Closer to home, at Melbourne restaurant, Supermaxi, a bowl of Lupini arrives gratis to open the appetite and satiate fiddlers, the same way edamame might in a Japanese restaurant.

The traditional, bitter-tasting legume, has been soaked in a salty brine and served up for centuries as a snack-food around the Mediterranean, but today as its improved 'sweet' cousin is grown in tonnes in Australia, it remains little known. But why?

The Australian sweet lupin is grown predominantly in WA (85% of the world's production comes from WA), and in parts of western NSW, and boasts excellent health credentials, yet remains destined for export with Australia's legume consumption very low.

Given the increased issues in Australia with obesity and diabetes, it's surprising we haven't embraced a locally grown grain with such highly nutritious dietary benefits:

40% protein | 30% fibre | negligible starch | zero GI | gluten free | GMO free

Though the stats speak for themselves there's more to making the grade than facts and figures. One of WA's key growers' associations, Coorow Seeds, has taken on the challenge to combat the lupin's low profile by proving it's not only palatable as a base product in breads and biscuits, but dressed up in curry and other everyday recipes is simply: delicious.

Together with Annalakshmi On the Swan, a not-for-profit Perth-based Indian vegetarian restaurant – named after the Hindu goddess of food, a small group of women volunteers have convened to create recipes built around the lupin to capitalise on its remarkable health benefits. At a taste test event held in April this year, 15 dishes were selected to go in front of an inaugural audience of discerning diners in June. Amongst the guests were dieticians, food scientists, restaurateurs and representatives of the WA Department of Agriculture and Food.

The evening met with success, and Annalakshmi On the Swan again opened its doors serving lupins to 100 guests on 21 July. With the dishes also demonstrated, the hope is people will replicate them at home, making lupin a viable everyday dietary item. The restaurant will continue to include lupin inspired and based dishes, like poori, chutney and podi on its menu.

Australians cognisant of health and nutrition, and the ongoing and growing issues around food availability and origin should embrace the lupin and give it a go; putting pressure on manufacturers to make it more readily available.

Overleaf are recipe examples and images.

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See:

Coorow Seeds:

<http://www.coorowseeds.com.au/>

Lupin information:

<http://www.lupins.org/>

Annalakshmi:

<http://www.annalakshmi.com.au/>

Video of lupin launch:

<http://www.youtube.com/watch?v=GpJhW5dB1qE>

Recipe #1***Adai with Lupin***

Adai is a protein-packed Indian pancake prepared by grinding together rice and a variety of lentils.

Ingredients:

Rice – 1 cup
 Lupenta grits – ½ cup
 Uridh dhal – ½ cup
 Toor dhal – ¼ cup
 Yellow moong dhal – ¼ cup

The three dhals above are translated respectively as the black gram dhal, split yellow pigeon pea and green gram dhal. They are different types of lentils – pulses stripped from their outer hulls and split.

Curry leaves – handful
 Dried chillies – 3-4
 Asafoetida/Hing – 1 teaspoon
 Salt to taste
 Ghee or oil

Method:

For the batter, soak the rice and dhals for minimum 30 minutes. Add curry leaves and red chillies to water. Drain off most of the water and grind to get a coarse thick batter.

Wash and soak lupenta grits separately (minimum 30 minutes), drain the water and add the soaked grits to the batter.

Add asafoetida and salt.

Heat a non-stick pan to high then turn down heat to medium.

Pour a ladleful of the batter in the centre of the pan. Spread it out in a circular motion using the back of the ladle.

Make the adai thick or thin depending on your preference.

Drizzle some oil/ghee around the edges of the adai and also a little in the centre. Cook till it turns golden on the bottom, then flip over and cook the other side.

Serve hot with chutney and yoghurt



Recipe #2

Uppuma – South Indian Breakfast

Ingredients:

1 cup coarse semolina
½ cup lupenta grits
2½ cups boiling water
2-3 dessertspoons ghee
2 dried red chillies broken into pieces
1 teaspoon mustard seeds
1 teaspoon split urud dhal/black gram dhal
¼ teaspoon asafoetida/hing
¾ teaspoon salt to taste
1 medium onion diced
3 medium green chillies finely sliced
5-6 curry leaves
¼ inch ginger finely diced

Method:

Dry roast semolina and lupenta grits, until fragrant. Remove from pan and set aside.
In a kadai, heat ghee.
Add mustard seeds. When it splutters, add urud dhal, dry chillies.
Add green chillies, ginger and onions. Toss till onions are cooked.
Add asafoetida, salt and curry leaves.
Add roasted semolina and lupenta grits, toss till all ingredients are incorporated
Add hot water in small quantities and stir continuously, till the mix is cooked.
Remove from stove and dish out into a container.
Allow uppuma to sit for a few minutes before serving.
Garnish with coriander leaves.

Recipe by: Annalakshmi On the Swan Perth 2012

Recipe #3

Lupin Couscous

Ingredients:

1 cup couscous
½ cup lupenta grits
2½ cups boiling water
2-3 dessertspoons ghee
2 dried red chillies broken into pieces
1 teaspoon mustard seeds
1 teaspoon channa dhal/split chickpeas
1 teaspoon urud dhal/black gram dhal
1¼ teaspoon asafoetida/hing
¾ teaspoon salt to taste
1 medium onion diced
5-6 curry leaves
¼ inch ginger finely diced
2 green chillies finely sliced
½ dessertspoon mixed curry powder

Method:

Dry roast couscous and lupenta grits till there is a slight colour change. Remove from pan.
Add mustard seed to hot ghee.
When mustard seeds splutter, add urud dhal, gram dhal, red chillies, green chillies, ginger and onions.
Sauté onions till glazed, add curry powder and sauté.
Add asafoetida, salt and sauté.
Add couscous and lupenta grits mix.
Add boiling water in small quantities, stir continuously till well mixed and couscous has absorbed all the water.
Remove from stove and dish out into container.
Allow Couscous/lupenta to sit for a few minutes before serving.
Garnish with coriander leaves.

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