

How to Cook Pulses

	LONG-SOAK METHOD	QUICK-SOAK METHOD	MICROWAVE METHOD	SLOW COOKER METHOD	NO-SOAK METHOD
Chickpeas	Soak: 12 hr. or overnight Boil: 1-1.5 hr.	Simmer: 2 min.; let stand 1 hr. Boil: 1-1.5 hr.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 1-1.5 hr.	Soak: 12 hr. or overnight Slow cook: Cover with water; cook on High 4 hr.	
Peas (whole)	Soak: 12 hr. or overnight Boil: 1-1.5 hr.	Simmer: 2 min.; let stand 1 hr. Boil: 1-1.5 hr.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 1-1.5 hr.	Soak: 12 hr. or overnight Slow cook: Cover with water; cook on High 3.5 hr.	Boil: 30-45 min.
Peas (split)				Slow cook: Cover with water; cook on High 2.5 hr.	Boil: 40-45 min.
Lentils (green or brown)				Slow cook: Cover with water; cook on High 1.5-2 hr.	Boil: 30-45 min.
Lentils (split red)				Slow cook: Cover with water; cook on High 1.5-2 hr.	Boil: 10-15 min.
Kidney beans	Soak: 12 hr. or overnight Boil: 45-60 min.	Simmer: 2 min.; let stand 1 hr. Boil: 45-60 min.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 45-60 min.	Soak: 12 hr. or overnight Boil: 15 min. Slow cook: Cover with water; cook on High 3 hr.	
Lima beans	Soak: 12 hr. or overnight Boil: 45-60 min.	Simmer: 2 min.; let stand 1 hr. Boil: 45-60 min.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 45-60 min.	Soak: 12 hr. or overnight Boil: 15 min. Slow cook: Cover with water; cook on High 3 hr.	
Pinto beans	Soak: 12 hr. or overnight Boil: 45-60 min.	Simmer: 2 min.; let stand 1 hr. Boil: 45-60 min.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 45-60 min.	Soak: 12 hr. or overnight Boil: 15 min. Slow cook: Cover with water; cook on High 3 hr.	
Black beans		Simmer: 2 min.; let stand 1 hr. Boil: 45-60 min.	Microwave: Cover with water in microwave-safe dish; cook on High 15 min.; let stand 1 hr. Boil: 45-60 min.	Slow cook: Cover with water; cook on High 3.5 hr.	Boil: 60-90 min.

To soak or not to soak

Most pulses are conventionally soaked to improve texture, reduce cooking time and break down the indigestible starches that can cause gas. However, some cooks skip the soaking stage in favour of a longer cooking time, claiming this method lends pulses better flavour without any negative effects on digestion.

Cooking times are just a guideline and will vary depending on the size, age and quality of pulses. Check water levels while cooking, adding more if necessary. Test for doneness 15 minutes before estimated time.

Food safety experts recommend that cooked pulses and cooked dishes containing pulses should spend no more than two hours at room temperature because of their protein and moisture content. Refrigerate leftovers and use within three days. Reheat leftovers to an internal temperature of 165°F (74°C).