2. Bagiya from Pigeon pea 'dhal' flour

This is a snack food obtained from pigeon pea flour.



Fig 4. Bagiya

Materials

500g Cassava flour, 500g pigeon pea flour, 2 eggs, 2 table spoon fulls blue band, 3 tea spoons full curry powder, a pinch of pepper (optional), 2 tea spoon fulls garlic, 1 tea spoon of baking powder, 1 tea spoon fulls salt and 1.5 litres of water.

Method

1. Mix all the ingredients together,
2. Add water and mix well,
3. Add about 3 table spoons of cooking oil to make the dough smooth,
4. Allow the dough to rise by leaving it for 30 minutes,
5. Heat cooking oil until really hot and
6. Use the extruder for the size of bagia you need and press the dough on this into the oil.
7. Stir and cook until brown.
8. Remove from oil and drain.
9. Cool and pack for storage and/or marketing.
10. Shelf life: If well packaged, bagiya will remain fresh for four months.

Nutritional information

Bagiya contains all the nutrient from pigeon pea and this recipe is enriched with additional nutrients from the eggs.

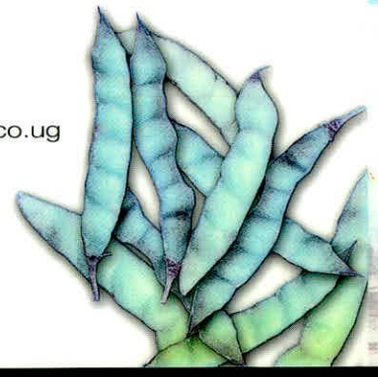
Markets for dhal

There is a big market for dhal, especially among the Asian community. A kilo of pigeon peas costs Shs. 500 - 1,000 on the market, whereas a kilo of dhal sells between Shs. 1,500 - 2,000 in the super markets.

'Eat dhal for a healthy body and sound mind'

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Pigeonpea Dhal for Good Nutrition



NARO/DFID
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Improving utilisation of pigeonpea

In the North and North–Eastern part of Uganda, pigeonpea is an important food crop and source of income. It is a major source of proteins of high biological value. During the dry months of the year (Nov - March) when the green leafy vegetables are unavailable, the fresh peas become the main source of vitamins, minerals and proteins.

Other important facts about pigeonpeas

- Pigeonpea is drought tolerant.
- Pigeonpea is mainly processed by cooking the dry grains to softness, seasoning with salt and mixed with groundnut or simsim butter, fried or mixed with other vegetable condiments.
- Pigeonpea can also be split using the traditional grinding stone, soaked in water to remove the skin and is boiled to form a thick paste / sauce locally known as 'agira'.

To improve the nutritive value and digestibility of pigeon pea it is important to remove the seed coat of the dry seeds by a process known as dehulling. Dehulled pigeon peas are known as 'dhal' in India. Dhal is prepared to make a thick soup/sauce known as 'Tur dhal'. It is important to use good quality dehulling machines that do not crush the seeds into powder. Traditional grinding stones result into a lot of seeds getting crushed into powder that is wasted. It is recommended that a dehuller is used (Fig 1).



Fig 1. Dehuller

- Dhal reduces cooking time, improves food flavour and is less damaged by pests.

Stages in the preparation of the dhal soup

1. Obtain well sorted and dry pigeon pea grain (fig 2). Soak in cold water for 6 hours then dry it. Dehull the grain using the dehuller to obtain dhal. Winnow dhal completely and remove all husks (fig 3).
2. Soak the de-hulled splits for 2 hours in cold water.
3. Decant out the water and the seed coat.

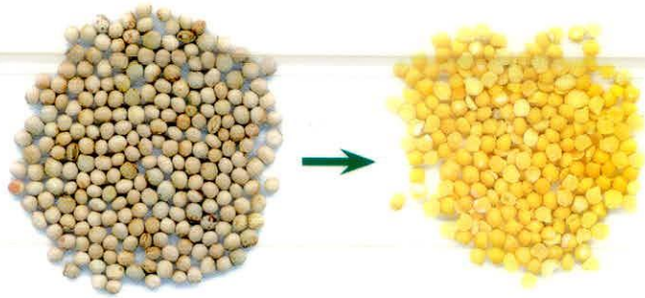


Fig 2. Pigeon pea grain

Fig 3. Dhal

4. Boil water and add 1 tablet of Magadi salt (Sodium bicarbonate) or one spoon full of filtrate from burnt bean husk ash, and then pour the soaked dehulled splits into it.
5. Stir the sauce and remove the foam which appears on top of the sauce as it boils.
6. Season with salt and continue to stir until it is porridge like.

Serve when hot with any food of your choice.

Nutritional information on the recipe;

Pigeon pea dhal soup contains up to 28% protein. It contains 10 times more fat, 5 times more vitamin A than ordinary peas, and is a worthy supplement to traditional diets. Dhal soup improves body weight and improve the health status of weak children and adults. It can be used as weaning foods.