

US Dry Peas

a low-cost, protein-rich food
with multiple uses



Johanna Stobbs, USADPLC, Johannesburg, May 22, 2012

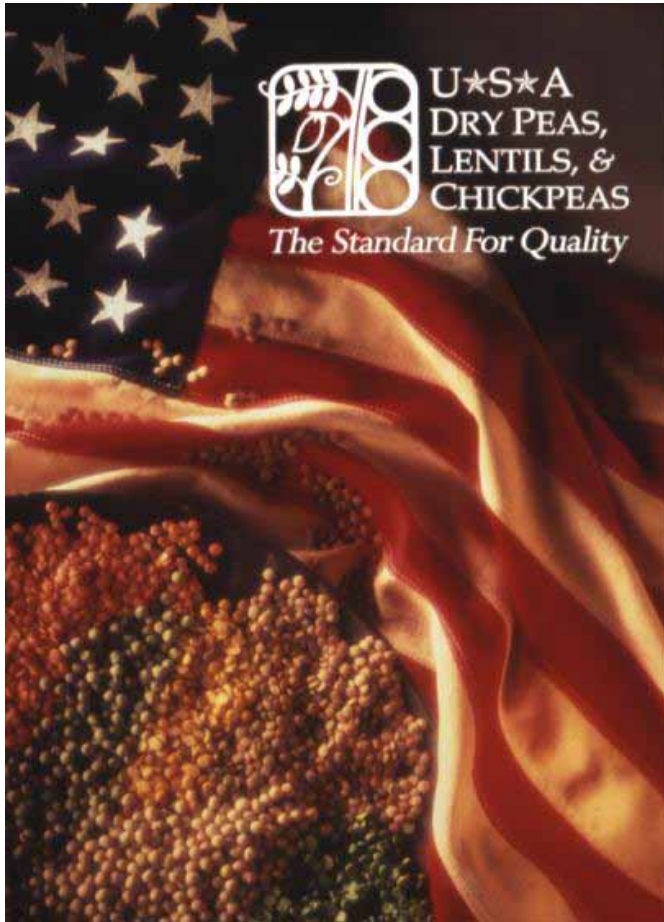


USA Dry Pea & Lentil Council

Our members are:

- **growers**
- **processors**
- **exporters**
- **shippers**

They produce, process and ship dry peas, lentils and chickpeas throughout the US and to markets around the world



Johanna Stobbs, USADPLC, Johannesburg, May 22, 2012



a few things to know about US dry peas ...



- production is expanding rapidly
- dry peas are a consistently low-cost, high-quality product
- dry peas are rich in protein, vitamins, minerals and fiber
- US dry peas are ***NOT*** GMO





a few things to know about US dry peas ...

- ***US exporters ship in 50-kg bags, in whole container loads (22 MT)***
- ***US exporters can ship to all the major port cities of the African continent***
- ***dry peas have a low moisture content which ensures a quick cooking time and a long shelf-life***
- ***if kept in a cool, dry place (21°C), dry peas can last up to 12 months***

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a few things to know about US dry peas ...

- ***dry peas come in 3 grades of quality:
#1, #2 and #3***
- ***dry peas can be ordered as: whole, split,
or milled into flour as a food ingredient***
- ***dry peas can be yellow or green***



a few things to know about US dry peas ...

- ***green peas are usually used for canning***
- ***yellow peas are usually used as a dry packaged product, or as a flour***
- ***therefore dry peas have multiple applications: canning, dry packaging, and as a food ingredient***



a few things to know about US dry peas ...

- ***whole dry peas must be soaked in water overnight to rehydrate properly***
- ***this reduces cooking time to 20 minutes in boiling water and ensures a highly digestible product***
- ***split peas do not need to be soaked***
- ***split peas can go straight into boiling water and are ready for eating in 20 minutes***



the advantages of US dry yellow peas ...

- ***US dry yellow peas are the cheapest dry legume in the world because they yield high volumes***
- ***US dry yellow peas are rich in protein, vitamins, minerals (iron and zinc) and fiber***



the advantages of US dry yellow peas ...

- ***US dry yellow peas are already known throughout the African continent***
- ***in 2011, more than 115,000 MT of US dry peas were shipped to countries in the Sub-Sahara region***



how to use US dry peas ...

- ***as a canned product***
- ***as a dry packaged product***
- ***as a food ingredient, using yellow pea flour***

- ***yellow pea flour is a low-cost, non-GMO, natural protein-enhancer that can be added to a wide range of food products to boost nutrition***
- ***yellow pea flour can be added to drinks, breads, biscuits, porridges, cereals, weaning foods, snack foods – the uses are endless ...***



technical assistance ...

- ***the USA Dry Pea & Lentil Council can provide you with technical information on how to use yellow pea flour, to give your food products added nutrition, naturally***

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yellow pea flour must be pre-cooked in order to be a successful food ingredient ...

- ***if pre-cooked, yellow pea flour can be added to virtually any food without leaving an after-taste***
- ***pre-cooked yellow pea flour has no color, no odor and is an excellent flavor carrier***



how to prepare pre-cooked yellow pea flour ...

- ***Technique 1: steam whole or split peas, then dry and roast them (170°C for 12.5 minutes); mill into flour, using a hammer mill at 7200 RPM, with a 23 RPM screw speed and a 0033 screen***
- ***Technique 2: soak whole or split peas in warm water (50°C for 30-40 minutes); then dry, roast and mill into flour as above***



advantages of yellow pea flour

example: whole white bread

nutrition:

- ***compared with 100% wheat-flour bread, breads with additional pea flour provide a natural increase in protein and dietary fiber, plus folate***



advantages of yellow pea flour

example: whole white bread

economic benefits:

- ***small amounts of pea flour (baker's 5%) added to a normal wheat flour formula increases the dough's water absorption; adding more water means producing more dough and more dough means more bread***

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advantages of yellow pea flour

example: whole white bread

economic benefits:

- ***for every 1,000 kg of flour (100% wheat flour, plus 5% additional pea flour) a baker will yield 110 kg more dough***



advantages of yellow pea flour

example: whole white bread

economic benefits:

- ***this means that if a baker is making 500-gram loaves of bread, he can produce 220 loaves more for the same amount of flour***



- ***you may import dry yellow peas and prepare pre-cooked flour yourself***
- or***
- ***you may import ready-made pre-cooked flour for immediate use in your food applications***



- **to receive further technical information & contact details of US suppliers of all types of dry peas + ready-made yellow pea flour, please email me:**

Johanna Stobbs

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please know that



- **we are working with a highly nutritious, low-cost food, grown in optimum conditions**
- **US dry peas are totally natural, non-GMO, pure and clean – and a powerhouse of good health and nutrition**

Thank you!

Johanna Stobbs, USADPLC, Johannesburg, May 22, 2012