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Savouring Pulses at Calgary Fine Restaurants

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Great taste, an environmentally-friendly Alberta crop and a healthy food are happily married at three fine Calgary restaurants. The Executive Chefs at Parker House, Raw Bar and Rouge have created one-of-a-kind dishes with pulses, including peas, beans, lentils and chickpeas, for a one week promotion starting November 16th.

Consider Chef Andrew Keen's braised pork belly with pease pudding or perhaps an appetizer with grilled prawns on a fava bean salad at the Parker House. Or try Rouge's feature dishes such as Alberta pea and house bacon soup or bison short rib with a black-eyed bean ragout created by Chef Michael Dekker. A third alternative at Raw Bar-Hotel Arts are for those seeking and Asian influence. Chef Duncan Ly offers a lentil-crusted albacore tuna with a chickpea and cauliflower pakora or a sweet dish, lentil and chickpea pudding with lychee sorbet.

Pulses are a food grown close to home. Alberta farmers grow dry peas across the province, beans and chickpeas in southern Alberta, and lentils in eastern Alberta. Pulses are good for the environment as they make their own nitrogen fertilizer so farmers apply less fertilizer. Pulses are also healthy to eat as they are very high in fibre, high in many B-vitamins and naturally low in fat and saturated fats.

When pulses are prepared with the talents of an excellent chef, the environmental and health benefits fade into the pleasure of the moment.

For the week of November 16th only, join Chef Keen at Parker House, Chef Dekker at Rouge or Chef Duncan Ly at Raw Bar for innovative pulse dishes.

Alberta Pulse Growers Commission represents 4,700 growers of dry peas, beans, lentils and chickpeas. Our vision is to have Alberta pulses recognized by consumers as environmentally friendly, healthy, nutritious, and recognized by all producers as being an essential element in a sustainable cropping system.

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