

Pulses & Beans

Kitchen

Soaking, cooking times, and the one that is genuinely dangerous undercooked.

Dried, after soaking overnight unless stated.

Pulse	Soak	Cook
Red lentils	No	15–20 min
Green / brown lentils	No	25–35 min
Chickpeas	Yes	1–2 hours
Kidney beans	Yes	10 min hard boil, then 45–60
Black beans	Yes	1–1.5 hours
Split peas	No	45–60 min
Butter beans	Yes	1–1.5 hours

Salt and acid slow softening. Add tomatoes, vinegar and most of the salt after the beans are already tender.