



LaRoucci

*LaRoucci Beans Products*



# The Ultimate Bean Guide Types of Beans

A Pulse Is An Edible Seed That Grows In A Pod. Pulses Include All Lentils, Beans, And Peas, Such As:

- Baked Beans
- Red, Green, Yellow And Brown Lentils
- Chickpeas (Chana Or Garbanzo Beans)
- Garden Peas
- Black-eyed Peas
- Runner Beans
- Broad Beans (Fava Beans)
- Kidney Beans, Butter Beans (Lima Beans), Haricots, Cannellini Beans, Flageolet Beans, Pinto Beans And Borlotti Beans





No matter where you are in the world, beans are a staple for any home cook. Not only does their mild flavor complement an assortment of seasoning and spices, but beans are full of health benefits as well.

## **Beans: Things to Know**

Beans are classified as a legume, along with [peas](#), [peanuts](#), and [lentils](#). They are the seeds of flowering plants in the Fabacea family. Beans typically grow in pods with more than one bean inside. They are rich in fiber and B vitamins, helping to reduce cholesterol and blood sugar levels. They also serve as a source of protein, making a great substitute for meat. Not to mention—they're cheap!

All this is to say—adding beans to your diet is a good choice. Beans come in both canned and dry forms. Canned beans are great time-savers since the beans come fully cooked and just require some reheating. However, beans can lose flavor in the canning process, so some prefer to buy them dry and give them a good soak overnight. But with so many different types of beans, where do you begin? We've got you covered. Read on for a list of different types of beans and how to cook with them.



LaRoucci

# Lentils

Lentils Are One Of The Most Nutritious And Versatile Plant-based Proteins. The Pulse Is A Cousin To Peas And Beans, And Originated In Asia And North Africa. They're Super Low-fat And Boast High Amounts Of Protein, Fiber, Calcium, Iron, And Other Nutrients. They're Awesome In Traditional Dishes Like Curry Or Soup, But Also Delicious Blended Into Veggie Burgers, Sauces, Casseroles, And As A Standalone Vegetarian Main.

Dried lentils can be stored at room temperature, in an air-tight container, for up to a year. It's generally recommended to rinse lentils before adding them to dishes, and quickly sifts through for any broken bits. You do not need to soak like other dried beans or peas, but if you do you can cut the cooking time down by half.

Lentils are a mainstay of vegetarian cuisine. But they come in a bewildering variety of colors, and many cooks are uncertain about which ones to choose. Brown, black, green, red, yellow – what's the difference between these various types? And which ones should you use in your favorite recipes?

LaRoucci

- ❖ **Brown**
- ❖ **Green Lentils**
- ❖ **Red Lentils**
- ❖ **Black Beluga Lentils**



# PRODUCT SPECIFICATION

**PRODUCT NAME**

**LENTIL**

**TYPE**

**GREEN LENTIL**

**MOISTURE**

**≤16%**

**IMPURITY**

**≤0.5%**

**IMPERFECT**

**≤3%**

**SIZE**

**3.0-5.0MM**

**PACKING**

**25KG, OR 50KG PP BAG**

**STORAGE**

**IN COOL AND DRY PLACE**

**SHELF LIFE**

**24 MONTHS**





# PRODUCT SPECIFICATION

**PRODUCT NAME**

**LENTIL**

**TYPE**

**BROWN LENTIL**

**MOISTURE**

**≤16%**

**IMPURITY**

**≤0.5%**

**IMPERFECT**

**≤3%**

**SIZE**

**3.0-5.0MM**

**PACKING**

**25KG, OR 50KG PP BAG**

**STORAGE**

**IN COOL AND DRY PLACE**

**SHELF LIFE**

**24 MONTHS**



# Red Lentils

**PRODUCT NAME**  
**TYPE**  
**MOISTURE**  
**IMPURITY**  
**IMPERFECT**  
**SIZE**  
**PACKING**  
**STORAGE**  
**SHELF LIFE**

**LENTIL**  
**RED LENTIL**  
 $\leq 16\%$   
 $\leq 0.5\%$   
 $\leq 3\%$   
**3.0-5.0MM**  
**25KG, OR 50KG PP BAG**  
**IN COOL AND DRY PLACE**  
**24 MONTHS**

## International Certificates

- **Phytosanitary Certificate**
- **Quality Certificate issued**
- **Certificate of Origin**
- **And other certificates you request.**
- **Quantity About 23MT per 20FCL.**



# SPECIFICATION:

<b>Size:</b>	<b>3-5mm</b>
<b>Moisture:</b>	<b>14.5%</b>
<b>Purity:</b>	<b>99% min</b>
<b>Crop year:</b>	<b>Curr.</b>
<b>Sortex:</b>	<b>100%</b>
<b>Imperfect:</b>	<b>3%</b>
<b>Admixture :</b>	<b>1%</b>
<b>Packing:</b>	<b>25kg, 50kg pp. bags</b>



## Details

<b>Product Type:</b>	Lentil	<b>Style:</b>	Dried
<b>Drying Process:</b>	AD	<b>Packaging:</b>	Bulk, Drum, Mason Jar, Tank
<b>Brand Name:</b>	All Brands	<b>Model Number:</b>	Red Lentil
<b>Shelf Life:</b>	2 Years	<b>Weight (kg):</b>	PP Bag. according to requirements.

# Black Beluga Lentils

**PRODUCT NAME**

**LENTIL**

**TYPE**

**BLACK BELUGA LENTILS**

**MOISTURE**

**≤16%**

**IMPURITY**

**≤0.5%**

**IMPERFECT**

**≤3%**

**SIZE**

**3.0-5.0MM**

**PACKING**

**25KG, OR 50KG PP BAG**

**STORAGE**

**IN COOL AND DRY PLACE**

**SHELF LIFE**

**24 MONTHS**



# Black-Eyed Peas

Small, plump, and spotted, these beans are an excellent source of folate (important for pregnant women). Their earthiness complements salty meats, like bacon and ham.



# Chickpeas (Garbanzo Beans)

Also known as garbanzo beans, chickpeas are consumed more than any other beans in the world. Round and firm, with a nutty flavor, they're the basis of hummus



# Soybeans

Soybeans are processed for their oil (see uses below) and meal (for the animal feed industry). A smaller percentage is processed for human consumption and made into products including soy milk, soy flour, soy protein, tofu and many retail food products. Soybeans are also used in many non-food (industrial) products.



# Cannellini Beans

These large, rosy beige kitchen mainstays (also known as white Italian kidney beans) are creamy and delicately flavored.





# Great Northern Beans

These small, white, kidney-shaped beans are an especially good source of calcium. Because they're mild and easily absorb seasonings, they work well in stews and soups.



# Lima Beans

White Green, flat, oval-shaped lima beans—both the larger, potassium-packed butter (or Ford hook) beans and the sweeter baby Lima's—have a buttery flavor and a starchy interior that can turn mushy, so they're best in quick sautés. They are often sold cooked and frozen.



# Pinto Beans

These light brown beans have substantial amounts of fiber and protein. Their earthy flavor and smooth texture works well in dips and stews or in Mexican refried beans.



# Fava Beans

Fava beans, or broad beans, can be difficult to work with. They require that you remove them from their pods and then blanch them in order to get the skins off. But don't let that keep you from enjoying them. They have a sweet, nutty flavor and a buttery texture. They're perfect for topping salads, mashing for dips and spreads, or charred alongside [asparagus](#).



# Navy Beans

This bean goes by many names: haricot, pearl haricot beans, white pea bean, and Boston bean. They have a mild flavor and creamy texture, and similar to Great Northern Beans, they do a great job of absorbing the flavors around them. They're commonly used to make baked beans, or in traditional English breakfasts. They are also high in fiber, and may help reduce symptoms of metabolic syndrome due to their high fiber content. Try seasoning them with bay leaves, garlic, and fresh herbs.



# Red Beans

These small, round red beans are commonly mashed into a red bean paste and used in Asian sweets like cakes, pastries, and even ice cream (see below)! These beans have a sweet flavor and a starchy interior. They can also be used for more savory applications such as alongside rice or leafy greens. Like other legumes, they're protein-packed and high in fiber.



# Cranberry Beans

Rounding out the list are these striking cream-colored beans with red speckles. Also known as borlotti beans, cranberry beans have a creamy texture and a nutty flavor. They are often used in Italian dishes such as minestrone soup.

Use them in warm foods such as stews or cold foods such as bean salads. They can also be used in place of other bean types for chili, baked beans, and pasta fagioli.



# Mung Beans

These beans are one of the most consumed types in the world. They are small, round, and green with a white stripe going through them. They have a mild flavor and a starchy texture. They are another plant-based source of protein that is high in antioxidants and fiber. They come in many forms: dried powder, whole uncooked beans, split beans, bean noodles, and sprouted and sprouted seeds. They're good for use in soups, and their high fiber content makes them very filling. They can also be mashed and made into fritters for a healthy snack.





# Black Beans

Rich in magnesium, these legumes have a velvety texture and a subtly sweet taste that goes well with smoky flavors, such as bacon or chipotle. Pair brightly colored vegetables and fruits with the shiny purple-black beans for festive salads. Black beans are available dried or canned.



# Chickpeas

Chickpeas, also known as garbanzo beans, belong to the legume family, which also includes dried beans, lentils and split peas. Legumes are some of the best food sources of fiber available. To boost fiber in your diet, you can incorporate chickpeas into a wide variety of main dishes, sides dishes and snacks.



# MAIZE SPECIFICATION



# WHEAT SPECIFICATION

**Products:**The Company offers 5 different grades of Russian Wheat:

**Grade 1:** 14.5% protein / 32% wet gluten      **Grade 2:** 13.5% protein / 28% wet gluten

**Grade 3:** 12.5% protein / 23% wet gluten      **Grade 4:** 11% protein / 18% wet gluten

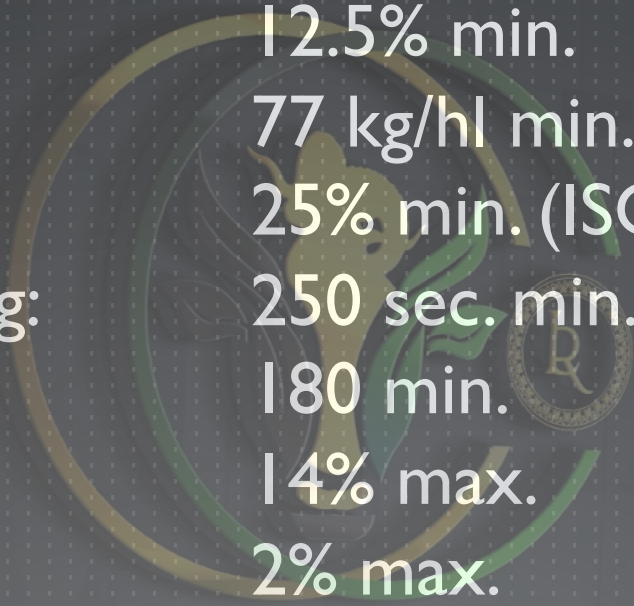
**Grade 5:** Feed wheat. No min. protein/gluten

In all our activities the Company seeks to display same unchanging, fundamental qualities – integrity, honest dealing, treating everyone with respect and dignity, striving for mutual advantage and contributing to operational progress and profitability of our clients.



# The main export quality of wheat is:

Protein :	12.5% min.
Specific Weight:	77 kg/hl min.
Gluten:	25% min. (ISO 21415-1)
Falling Number Hagberg:	250 sec. min.
W:	180 min.
Moisture :	14% max.
Foreign Matter:	2% max.
Bug Damage:	1% max.



La Roucci

# Barley

## What Is Barley?

Pearl barley, the more common variety in the United States, does not technically qualify as a whole grain, since the outer bran layer has been polished off, but it's still a highly nutritious option. It's inexpensive, readily available, and easy to cook, and it can be interchanged with rice in many dishes. Barley groats, the whole grain version, take quite a bit longer to cook.



# Barley Specifications

## LATROBE, SCOPE

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)	Black Tip % in 100 grains	Cleaved % in 100 grains
MALT 1	9	12	65	7	12.5	70	10%	1%
L/SMIN	8	12.8	62.5	10	12.5	N/A	20%	3%

## PLANET

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)	Black Tip % in 100 grains	Cleaved % in 100 grains
MALT 1	9	12	65	7	12.5	70	10%	1%
PMIN	8	12.8	62.5	10	12.5	N/A	20%	3%

## GAIRDNER

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)	Black Tip % in 100 grains	Cleaved % in 100 grains
MALT 1	9	12	65	7	12.5	70	10%	1%
GMIN	8	12.8	62.5	10	12.5	N/A	20%	3%

## COMPASS

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)	Black Tip % in 100 grains	Cleaved % in 100 grains
MALT 1	9	12	65	7	12.5	70	10%	1%

## HINDMARSH

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)	Black Tip % in 100 grains	Cleaved % in 100 grains
MALT 1	9	12	65	7	12.5	70	10%	1%
MIN	8	12	62.5	10	12.5	N/A	20%	3%

## FEED BARLEY

	Protein (min)	Protein (max)	Weight (min)	Screen (max)	Moisture (max)	Retention (min)
FEED 1 (F1)	N/A	N/A	62.5	15	12.5	N/A
FEED 2 (F2)	N/A	N/A	60	25	12.5	N/A
FEED 3 (F3)	N/A	N/A	57	50	12.5	N/A