

PEA SOUP WITH SMOKED HAM

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Preparation Time; 20 Minutes.

Cooking Time; 3 Hours.

This recipe will make 10 to 12 portions for Adults. This is a big recipe but it is easy to freeze.

Step # 1 - DRY SPICE MIX:

- 1 Tea Spoon of Ground Mustard.
- ½ Tea Spoon of Onion Salt.
- 1 Pinch of Celery Salt.
- 2 Tea Spoon of Turmeric. (Curruma Moulu)
- 1 Table Spoon of Chicken Base powder.
- 1 Pinch of White Pepper.
- 1 Pinch of Thyme.

First mix all the above Spices together and put aside for now.



Step # 2 - SMOKED HAM PREPARATION.

Precut 2 cups of smoked ham in 1/4 inches squares and put them in the fridge until ready to incorporate them into the soup when instructed to do so. Make sure that the Ham is fresh and that it taste good because this will greatly effect to overall taste of the soup.

So I recommend that you don't put much more then 2 cups, because more then that, all you will taste is the Ham and the Soup will also be too Salty.

Step # 3 - SPLIT PEAS PREPARATION:

In a 5 quart cooking pot.

- 3 Cups of Split Peas. That's about 650 grams.
 - ¼ Tea spoon of Salt.
 - 1 Table Spoon of Peanut Oil.
- Water.

Put the peas in a large bowl and put lots of water over them and with your hands move the peas around to clean them and then strain the water and rinse the peas.

Then in a 4 quart cooking pot cover the peas with 3 inches of water over the peas, bring to a boil and simmer at low heat with the cover ajar for 30 Minutes. Then Shut off the heat and put the cover on the pot to close it completely and leave the pot on the stove for 15 more minutes.

After 15 minutes remove the cover and put the pot on a cold surface until cooled down and put in the fridge until ready to pour it into the soup when instructed to do so. **Do not rinse or remove any liquid left over. The Timing in this Step is very important** because if the Peas are overcooked they will all turn to cream and if they are not cooked enough the peas will be a bit hard to chew. So be sure to follow the instruction as mentioned above. **Split Peas don't need to be soaked in water overnight.**



While the above is simmering pass to step # 4

Step # 4 - Broth preparation.

- 1 Medium Yellow Onion.
- 3 to 4 Medium Carrots.
- 3 to 4 Branches of Celery. (medium size)
- 75Kg. to 1 Kg. of Pork Soup Bones, OR
- 2 Cups of Chicken broth.
- 1 Table Spoon of Peanut Oil.
- ¼ Tea Spoon of Salt.
- Water.

Cut the Carrots, Onion and the Celery in large pieces and place them in a **4 quarts cooking pot** with the Soup Bones or 2 Cups of Chicken Broth and the salt and Oil. Cover with water at about to 2 to 3 inches over the top of everything, and bring to a boil and then turn the heat down to Med-Low and let **simmer with the cover ajar for one Hour.**



S-5 After one hour extract the bones if you used any, and discard. Remove the onions, carrots and celery. Strain and keep all the liquid.

S-6 Blend the Onions, carrots and celery with some of the liquid from step #4 and pour them back into the cooking Pot.

S-7 Add the Spice Mix you prepared in Step #1 and just **a little more than half of the Split Peas you did in Step # 3** and also the smoked Ham you cut in **step # 2.**

S-8 Bring the Soup to a boil then turn down the heat to medium-low and **Simmer for one hour without the cover on this time.**



S-9 After **Step # 8** has finish simmering, pour into the Soup the remaining split peas preparation and **simmer the soup for only 10 minutes then serve immediately.**

S-10 At this point remove the soup from the stove and put it on a cold surface, because if the soup is cooked more then 10 minutes, all the peas will start to turn to cream and you wont find any peas left in the soup. Don't forget that you will probably reheat the soup to consume it later, so the peas must not be over cooked at this point.

So again the timing is very important in this step as well.

This Pea Soup, I am sure, is the best you will have ever tasted.



BON APPÉTIT.