

LEO TEATERO

My Dad's French Canadian Split Pea Soup

My father, who was a great cook too, used to make this often during the winter months. It's hearty and sticks to your ribs, giving you wonderful warmth to fight off frosty or cold nights. I've changed it a bit from his original recipe, by adding fresh garlic and herbs.



Metric /Imperial

2 tbsp. / 25g of butter
3 large carrots cut into small pieces
2 celery stalks, cut into small pieces (optional)
2 medium onions cut into slices and small pieces
2 tbsp. / 25g of minced garlic
1½ tbsp. / 25g of kosher salt
1 tbsp. / 15g freshly cracked peppercorns
3 sprigs of thyme, chopped, more for garnish whole
2 sprigs of parsley, chopped
2 dried bay leaves
½ pound / 225g of smoked ham sliced into large cubes (with skin and/or a bone)
3 cups / 775g of split peas
8 cups / 2000ml of boiling water

Melt the butter in a large frying pan, large soup pot with a thick bottom or a Dutch oven. Add the onions, carrots and celery (if using) and cook until the onions become translucent and the other vegetables soften. Add the chopped herbs, garlic, sliced smoked ham pieces, salt and pepper and cook for 5 minutes until fragrant. It will smell wonderful.

Add the split peas and boiling water, stir the mixture and bring to a good boil. Reduce temperature to medium low, and simmer the soup. Cover and stir occasionally, until the peas break apart and are tender., about 1 hour. Remove it from the heat and using a hand blender, pulse the soup into tiny chunks. You do not want any large pieces. Be careful, as the soup is hot and can splash. Adjust with salt and pepper if needed. Garnish with a small sprig of thyme or cream and serve with thick country bread and butter.

It freezes beautifully. When reheating you can add a little water.