

Judy's SPLIT PEA SOUP



INGREDIENTS

- 2 bags of split peas
- hambone/hamhock or flavor packet
- large onion
- 1 cup of carrots
- 1 1/2 cups of celery
- your choice of soup seasonings
- 2 tablespoons of caraway seeds

METHOD

1. Two bags of split peas (I use organic.) Soak overnight or all day in large pot. Pour off water, rinse, and add enough fresh water to more than cover peas. You could use chicken stock.
2. Cook on med heat with a hambone or hamhock, or flavor packet if you prefer vegetarian. After an hour add a large onion chopped fairly fine. Cook on med-low for another hour. When foam forms, just scoop it off and throw away.
3. Cut thinly 1 cup of carrots and 1 1/2 c of celery. Or more if you wish. Add to soup.
4. Begin seasoning: Salt and pepper. (Be careful--ham has salt). Other soup seasonings if you choose (thyme, marjoram, beau monde, Mrs. Dash). Several drops of hot sauce! (Plus 1/4 cup of sugar makes it really good.) Very important: 2 tablespoons of caraway seeds--the distinctive flavor for pea soup. If you like, cut up the ham from the bone or use a package of cut ham and add.
5. Cook on med-low for about an hour, or more if needed. Adjustments: Heat level--don't let it burn on the bottom, but keep it hot enough to make the peas get fairly mushy. You can do it in a crockpot also. Add water if it gets too thick. Add more seasoning if it needs it. Trust your eye and tongue to guide you.
6. You should have enough for a group or for several days. Yummy!

Judy Douglass