

HAM & SPLIT PEA SOUP

F EASY

Last Modified: 10/06/2014

PREP: 30 Min
COOK: 3 Hrs
STOVETOP

SOUP-VEGETABLE

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Bag Dried Green Split Peas	Soaked
OR			
1	Pound	Bag Dried Red Lentils	Soaked
1	Pound	Sugar Cured Ham	Boiled
2 +/-	Tbsp	Ham Base (Better Than Bouillon)	To Taste
OR			
2 +/-	Pounds	Leftover Ham Bone	Boiled
OR			
2	Whole	Smoked Ham Hocks	Boiled
OR (HER PERSONAL FAVORITE)			
2	Pounds	Smoked Pork Loin (Bone-In)	Boiled
2	Tbsp	Unsalted Butter	
3	Small	Yellow Onions	Fine Diced
1	Cup	Carrots (Scrubbed)	Fine Diced
1/2	Cup	Celery	Fine Diced
2	Quarts	Chicken Stock (Swanson)	
2	Whole	Dried Bay Leaves	
2	Tsp	Dried Leaf Marjoram	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	My wife LOVES Split Pea Soup (I don't), so I tend to make a double batch of this Soup so she can freeze it in pints and enjoy a bowl whenever she likes. Substituting Lentils for the Split Peas works equally well.
FACTOID	Sue & I "discovered" a local butcher that smokes his own Pork. He sells end cuts from his whole bone-in smoked Pork Loins at half price. I chop the Meat & add it and the bones in the soup in Step #3. Removing the bones just before serving. Look around - there may a smoke house near you.
TOOLS	1) Large Dutch Oven & Lid, 2) Fine Wire Strainer 3) Potato Masher
PREP	DISH 1) Cut the Ham into bite sized pieces and set them aside. 2) Finely dice the Yellow Onions and set them aside. 3) Finely dice the Carrots and add them on top of the Onions. 4) Finely dice the Celery and add it top of the Onions..

HAM & SPLIT PEA SOUP

1	MIREPOIX: In a Dutch Oven over medium high heat, add in the butter and heat until it just stops bubbling. Stir in the Onions, Celery, Carrots and Marjoram. Cook until the Vegetables begin to soften, about 8 minutes.
2	SOUP: Add in the Stock and scrape the bottom to loosen any Fond. Stir in any already cut-up pieces of Meat and Bones. Stir in the Split Peas and the Bay Leaf. Lower the heat to a simmer and cook for 2 hours, stirring often until the Meat is fall apart tender.
3	SOUP: Discard the Bay Leaves and remove any Bones to a shallow pan. Separate any Meat from the Bones and discard any Skin and Fat you can find. Cut the Meat into bite-sized pieces and return this Meat to the Soup.
4	SOUP: Simmer the Soup while covered for an additional 30 minutes, stirring often. Season to taste with Salt and Pepper.
5	SOUP: Using a fine wire strainer, remove about 1/2 of the Vegetables, returning any Meat you can find to the pot. Smash the Vegetables into a thick paste with a potato masher and stir them back into the Soup.
SERVE	Ladle into warm soup bowls and serve while hot with Soup Crackers on the side..

