



## COMPETITION MEAL IDEAS – PEA & HAM SOUP



Pea and Ham Soup could be used as an entrée. It is from the United Kingdom.

### Ingredients



- 1 & 1/3 cups of green split peas
- 1 & 1/3 cups of yellow split peas
- 2 tablespoons of olive oil
- 3 carrots, peeled and chopped
- 3 sticks of celery, trimmed and chopped
- 1 ½ cups of pumpkin cut up
- 1 brown onion, halved and chopped
- 4 cloves of garlic, crushed
- 2 ham hocks
- 1.5 L of water
- 1 L of Salt reduced Vegetable Stock
- Salt and freshly ground black pepper
- Crusty bread to serve with the meal



## Method

1. Rinse the split peas under water.



2. Chop all the vegetables up and crush the garlic.



## Method (Continued)



3. Heat the oil in a large pot over medium heat.



4. Add the carrots, celery, onion, pumpkin and garlic. Cook, stirring for 5 minutes or until the onion softens.





## Method (Continued)

5. Add the split peas, ham hocks, water and half the Vegetable Stock.



6. Bring to the boil over high heat.



## Method (Continued)



7. Reduce the heat to medium low and simmer, covered for one and a half hours or until the ham hocks are tender and the meat starts to fall away from the bones.





## Method (Continued)

8. Remove the ham hocks from the pot and set aside for minutes. Remove all the meat from the bones. Coarsely chop the meat.



## Method (Continued)



9. Using an eggbeater thoroughly mix the soup mixture.



10. Add pepper and salt to season, return the chopped ham to the pot and add the remaining stock. Cook until soup thickens further.





## Method (Continued)

11. Ladle the soup into a bowl and serve with crusty bread.

