

Split Pea Soup with Ham, Pancetta and Green Peas

Author: Combined from several recipes on the internet.



Servings: 8

3 ounces pancetta, minced
2 ounces unsalted butter (half a cube)
1 large onion (if small, use two), chopped
3 stalks celery, coarsely chopped
2 medium leeks, cleaned, chopped
8 cups chicken broth (or 1 T Penzey's soup base concentrate)
3 cloves garlic, peeled, mashed
4 whole carrots, coarsely chopped
2 tablespoons dried thyme
1 1/2 pounds ham hock, with some meat on the bone
2 cups ham, minced
2 cups frozen peas
2 whole toast slices, use thick toast if you have it, slicing off the edges
2 tablespoons Italian parsley, minced

Per Serving (excluding unknown items): 482
Calories; 28g Fat (53.2% calories from fat); 36g
Protein; 20g Carbohydrate; 4g Dietary Fiber;
132mg Cholesterol; 1654mg Sodium. Exchanges:
1/2 Grain(Starch); 4 Lean Meat; 1 1/2
Vegetable; 2 Fat.

Just good old comforting split pea soup with a little twist (pancetta, peas)

If you like to see carrots in your soup, reserve about a cup of raw ones (dice them up fairly small) and add in after you've pureed the soup. Cook carrots for about 5 minutes, then add the peas and heat through. You can also use a ham bone (rather than the hock) if you have it - just leave some of the meat on the bone as it adds a lot of flavor to the broth. Once the soup is cooked, remove the bone and chop up the meat just as for the ham hock, discarding any fat. If you prefer your soup more chunky, puree about half of it and leave the remainder as-is. If you prefer your soup thinner, just add more chicken broth or water to make it the consistency you like. I cool the soup, then pour 4-cups worth (that's 2 1/2 servings in my house) into a large Ziploc freezer bag, chill, then lay flat in the freezer until frozen solid. Then I stand it up with all the other frozen soups I have in my freezer. The ham and pancetta add a ton of flavor to this soup, but you can eliminate the pancetta if you don't have it on hand.

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Chop all the vegetables before starting to cook. Rinse the split peas well and remove any rocks or debris. Allow to drain.
2. Saute pancetta in a large, tall stockpot (use a heavy-duty pan) for about 10 minutes until some of the edges are browned. (If you want the pancetta to remain in visible pieces, remove it and set aside to add in at the end.) Add the butter, melt, then add onions, leeks and celery. Sweat for about 10 minutes. Add garlic, stir and cook for about a minute. Add the carrots, split peas, season with thyme and pepper. Bring to a boil.
3. Reduce heat, cover and simmer for about 30-45 minutes, until split peas are completely cooked through.
4. Remove ham hock and set aside to cool. Remove meat from the bone and chop into small pieces (discard the bone).
5. Allow soup to cool about 20 minutes, then 2-3 cups at a time pour into blender and puree. Don't overfill the blender container or it will blow off the top when you begin to puree it.
6. Pour soup back into the stock pot and bring up to a simmer again. Add the reserved ham, and frozen peas. Simmer for about 5 minutes, taste for seasoning and serve in wide bowls - about 1 1/2 cups per serving. Garnish with chopped-up toast cubes (or make croutons) and a bit of Italian parsley.