

Pea & Ham Soup

Ingredients

- 800g – 900g of Tinned Mushy Peas
- 100g Diced Onion (1 mug)
- 100g Fine, Diced Carrot (1 mug)
- 2 mugs cold water
- 1 Knorr Ham Stock Cube
- 1 Cup Ham Trim (or box of Pancetta, or Lardons, or 2 slices of diced Smoked Bacon
- (Maybe) generous pinch of dried or fresh mint.
- Drizzle of Extra Virgin Olive Oil (any half-decent vegetable or sunflower oil will do)

Options

- If Mushy Peas don't have mint included, you will need a pinch of mint
- If you can't get mushy peas, then marrowfat peas will also work if you be sure to add the mint.

Equipment

- Sharp knife
- Mug
- Large Saucepan
- Spatula

Preparation

- Get the ingredients and equipment ready
- Dice the carrot – best with fresh carrot
- Dice the onion, but it is much easier to use frozen diced onion

Method

You can do this with one saucepan, but it's much easier to do it with two.

Soften the onions and carrot in a saucepan with a little Extra Virgin Olive Oil.

If using pancetta, lardons or bacon, add that to the pot for 5 to 10 minutes, until cooked and slightly brown.

You would not need to pre-cook ham trim that has already been cooked.

If using one saucepan, decant the onion and carrot into a bowl.

Empty the tins of peas into the saucepan, add the water, bring to a gentle boil and simmer for 5 minutes. Keep stirring.

If tinned peas are not flavoured with mint, now's the time to add it.

Using a hand- blender, blitz the peas to a perfect smooth consistency.

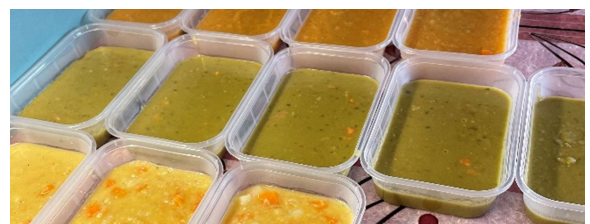
Add the onions and carrot (with pancetta, lardons, bacon or ham trim.

Return to a boil and simmer for 5 minutes. You may need a little bit longer if the carrots are not soft enough.

Notes

This recipe does not really need added salt as there is enough salt in the stock cube and ham.

200g portion is approximately 1½ ladles, based on the size of ladle I use! You will get used to your own size through time.



Portions

Number of portions	4 to 5
Final Portion Size	200g
Storage Container	Large Plastic

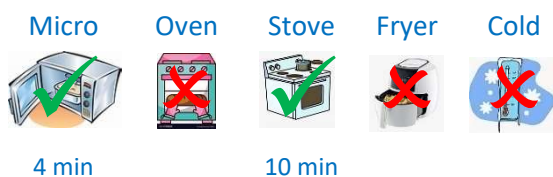
Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Carrots

Soften Carrots

If you need to soften or pre-cook, fine-diced carrots, but without too much added water for a soup, you have a couple of choices.

1. Fry them in a saucepan along with the onions and pancetta, or,
2. Simmer them for 15 – 20 minutes in unsalted water and drain them before you add them to the soup.

I prefer option 2 but I know folks that swear by option 1.