



Pea & Ham Soup

(makes 4 servings)

Don't get hung up on the belief that pea and ham soup is a rib-sticking, winter-only affair. This flavoursome little number can take the edge off hunger in a matter of moments and fill you full of goodness - it's all in those fabulous split peas!

Ingredients

2 tablespoons oil
1 large onion, peeled and finely chopped
2 large carrots, scrubbed and diced
1 celery stick, peeled and diced
Freshly ground black pepper
3 bay leaves
500g green split peas, rinsed (you can also use yellow split peas but the soup doesn't end up looking quite so green)
1 ham hock/pork knuckle
300g green cabbage, finely shredded

Method

Warm the oil in a large soup pot, add the onion, carrot and celery and gently sauté for about 15-20 minutes until the vegetables are slightly softened.

Season well with pepper, add the bay leaves and peas and stir well.

Add the ham hock, cover with cold water and bring slowly to the boil. Reduce the heat to very low, cover and simmer for 2 hours. Have a look every 30 minutes or so and skim off any scum with a large metal spoon.

When the meat is falling off the bone, take it out and after removing the fat, pick all the meat from the bone and chop finely or shred with a couple of forks.

Remove the bay leaves from the soup, add the ham meat and the cabbage and continue to simmer until the cabbage is cooked, check the seasoning and serve. If the soup is too thick, add boiling water.

If you have time, let the soup cool and refrigerate overnight. Next day, remove any fat from the top and bring back to a boil before serving.