

SPLIT PEA SOUP

Matrix Code CB103 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

(serves 5 or 15 people)

INGREDIENTS:

SERVES 5

SPLIT PEAS SOUP

2 cups (500 ml) dried split peas
(can also use whole dried yellow peas but the green split peas are better)
8 cups (2 liters) cold water

2 large carrots, diced
1 large or 2 smaller onions, diced
2 bay laurel leaves
1/8 teaspoon ground cloves (nelken)
1 Tablespoon salt
¼ teaspoon ground black pepper

SERVES 15

6 cups (1500 ml) dried split peas
6 liters cold water

6 large carrots, diced
3 large or 6 small onions, diced
6 bay laurel leaves
3/8 teaspoon ground cloves (nelken)
3 Tablespoons salt
¾ teaspoon ground black pepper

GARLIC BUTTER CROUTONS:

Use German whole-grain bread or grey bread or solid (heavy) baguette

500 g (100 g per person) cut into cubes

125 g butter

3 small or 2 large garlic cloves, crushed

Sprinkle of salt

1 ½ to 2 Kg cut into cubes

375 g butter

9 small or 6 large garlic cloves

Sprinkle of salt

Gently sauté the bread, garlic and salt in the butter over low heat, stirring every few minutes until golden and crunchy.

Alternative method: melt butter, mix in the garlic and salt, stir in bread cubes, spread on a baking sheet, bake at 180°C for about 15 minutes, stirring every 5 minutes.

Place finished croutons in a bowl for people to put on their own soup.

INSTRUCTIONS:

1. Check over the peas for cleanliness, rinse them with cold water, drain, and put in a large pot.
2. Add measured water, bring to a boil, reduce heat and simmer for 1 hour, making sure the water does not get low. Add water if necessary. Keep from burning.
3. Add remaining ingredients and cook another 1 hour more.
4. Remove from heat. Remove bay laurel leaves. Mash it all together.
5. Serve with garlic butter croutons.

