

Ärtsoppa---Swedish Whole Yellow Pea Soup

1# whole dried yellow peas

8 cups water or chicken broth or some combination of same

2 finely chopped onions (2 cups)

1 large chopped carrot (1/2 cup)

1 # ham cut up or ham bone or 2 to 3 ham hocks

1 teaspoon dried thyme

1 teaspoon ground marjoram

1 teaspoon salt

1/2 teaspoon pepper

1 teaspoon Swedish mustard or Dijon or a spicier mustard if you prefer

Steps to Make It

Rinse and pick through 1 pound of dried yellow peas. Soak the peas overnight in water to cover by about 2 inches.

Fill a large pot with 8 cups of water or 6 cups chicken broth and 2 cups water.

Add the drained peas,

In a separate pan sauté

2 finely chopped onions

1 large chopped carrot

Add to soup pot and along with ham or a meaty ham bone (or 2 to 3 ham hocks).

Bring to a boil, skimming off any foam, then cover pot and reduce to a simmer over low heat for 90 minutes.

Skim off any pea skins that have risen to the surface. Remove 2 to 3 cups of the soup, puree in a blender or food processor, and return puree to the pot.

Continue to simmer for at least 60 more minutes, or more until peas are tender.

Thirty minutes before serving, if using ham hocks or bone in ham cut off meat. Chop the meat and return to pot.

Season the soup with 1 teaspoon dried thyme, and dried marjoram and salt and pepper to taste.

You may add the mustard to the pot before serving or serve it on the side.