

Erwtensoep - Dutch Pea Soup



By Pets'R'us on October 29, 2002

★★★★★ 17 Reviews



Prep Time: 12 hrs **Total Time:** 15 hrs **Servings:** 4-8



Photo by kiwidutch

About This Recipe

"This soup is not a starter but a substantial meal, our favorite winter soup!! When cold the soup should be thick enough to slice, if not you did not make a good pea soup, (that is what my mother always told me!) Traditionally served with pumpernickel bread. Freezes well. I use 2 1/2 cups of split peas and find that thick enough, but for the true thick Dutch version you should use 3 1/2 cups. After a discussion with other Zaar members I like to add this: If you like, add some chopped carrots to the soup and you can make the soup without having to soak the split peas overnight."

Ingredients

- 3 1/2 cups dried split green peas
- 3 liters water
- 1 lb spareribs
- 1/2 lb bacon, one thick slice, cubed
- 2 leeks, washed and chopped, also use the green part
- 1 medium celeriac, diced (celery root or bulb) or 3 cups of chopped celery (but the flavor will be weaker)
- 1 smoked dutch sausage or 3 -4 thick frankfurters, left whole or cut up in slices
- salt and pepper
- bouillon cube (optional)
- chopped celery
- fresh parsley leaves

Directions

1. Wash the peas and soak them overnight in the amount of water given. Next day bring them to the boil together with the spareribs and the bacon; simmer on very low heat for approx 1 1/2 hours, stirring occasionally. Add the leeks and the celeriac; cook for another hour or until the soup becomes thick. Lift out the spareribs, remove the meat from the bones, and return the meat to the pan.
2. Add the sausage, let it warm through and season the soup to taste and maybe add bouillion cube(s) , add the chopped celery leaves and parsley just before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (585 g)			
Servings Per Recipe: 4			
Amount Per Serving	% Daily Value		
Calories 1385.0		Total Fat 67.4g	103%
Calories from Fat 607	43%	Saturated Fat 23.2g	116%
		Cholesterol 186.6mg	62%
		Sugars 15.5 g	
		Sodium 807.3mg	33%
		Total Carbohydrate 111.1g	37%
		Dietary Fiber 44.7g	179%
		Sugars 15.5 g	62%
		Protein 84.7g	169%

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