

• INGBRETSSEN'S FAMILY RECIPES •

SWEDISH YELLOW PEA SOUP *WITH* PORK

HERNEKEITTO IN FINNISH; ARTSOPPA IN SWEDISH

FROM BEATRICE OJAKANGAS' THE SOUP & BREAD COOKBOOK

"Yellow Pea Soup is regarded as a national dish in Sweden. It has been served every Thursday in Swedish homes and cafes for hundreds of years, almost always accompanied by very thin pancakes (Plättar in Swedish) that are buttered and then rolled up." - B. Ojakangas

6 TO 8 SERVINGS

INGREDIENTS -

2 CUPS DRIED WHOLE SWEDISH YELLOW PEAS* RINSED & PICKED OVER
3 QUARTS WATER
1 POUND MEATY PORK HOCK OR 2.5/3 POUND BONE-IN PORK SHOULDER
2 MEDIUM ONIONS, SLICED
1/2 TEASPOON GROUND GINGER
1/4 TEASPOON GROUND ALLSPICE
1 TEASPOON SALT
1/8 TEASPOON WHITE PEPPER

DIRECTIONS -

IN A SOUP POT, COMBINE PEAS AND WATER (TO COVER).
SOAK OVERNIGHT. DO NOT CHANGE WATER.

COVER THE POT, PLACE OVER HIGH HEAT AND BRING TO A BOIL.
REMOVE ANY PEA SKINS THAT RISE TO THE SURFACE. ADD THE PORK,
ONIONS, GINGER, ALLSPICE, SALT AND PEPPER. COVER AND SIMMER
UNTIL THE PORK AND PEAS ARE TENDER, ABOUT 3 HOURS.

REMOVE THE PORK AND PULL THE MEAT OFF THE BONES. CUT INTO
SMALL CHUNKS AND RETURN TO POT.

NOTE: The classic Swedish Yellow Peas are whole, not split. If you substitute
yellow split peas, expect the soup to be thicker.

Vær så god!

RECIPE COURTESY OF BEATRICE OJAKANGAS