



High prebiotic recipe: Pea and ham soup

This recipe makes 10 X 350g serves. Serve with wheat/multigrain bread or toast

Ingredients:

- 1 (~1.32Kg) smoked hocks
- 250g bacon bones
- 3litres water
- 1 (~200g) brown onion unpeeled
- 1 (~250g) large head garlic unpeeled
- 500g green split pea - raw
- 1 large (~270g) leek bulb (use white section only)
- 8 cloves (~60g) large head garlic, peeled
- 1.5 heaped tsp (7g) cracked black pepper
- ¾ bunch (~50g) parsley
- 2 cups (~150g) frozen peas



Method:

- Soak split peas overnight in plenty of cold tap water
- Place hocks, bones, unpeeled onions and garlic (cut in half through their horizons) in a large pot and cover with the measured water (extra water may be needed)
- Bring pot to the boil, reduce heat and simmer to at least 4 hours (top up with boiling water as required)
- Strain soaked dried peas
- Strain hocks and reserve cooking stock and hocks
- When cool enough to handle, separate hock meat from bones - reserve meat and chop when cool
- Return strained stock to the pot with well drained peas and bring to the boil. Stir frequently
- Finely chop leeks and peeled garlic and add to soup with pepper
- Add chopped meat and simmer soup until peas are cooked (dissolved).
- The cooking process may take 45 to 60 minutes

Note: Frequent stirring is required to prevent sticking to the bottom of the pot and burning