

## **Split Peas Soup**

### *Ingredients*

Salt for taste

14 cups Water

1.5 cups of split peas

6 small potatoes

1 onion

10 cloves of garlic

10 sprigs of cilantro

2 heads of green onions (shallot/scallion)

5 sprigs of parsley

1 teaspoon chili peppers (1 miwiri pepper)

1 packet of grace fish tea/coq soup/chicken noodle soup

2 tablespoons dried parsley

2 tablespoons dried chives

1 tablespoon sesame oil

Optional

Seasoned fish

Chicken (2 cups cooked)

Any meat that you'd like to add

### *Method*

Bring 12 cups of water to boil on a medium heat. Add about ½ tablespoon of salt for taste, add more if needed. Add sesame oil, fish tea/chicken noodle soup, dried parsley, dried chives, split peas, peeled potatoes. Allow these ingredients to boil for about 25 minutes.

If you have a pressure cooker, you can pressure the ingredients for about 10 minutes

While the first set of ingredients are boiling, start the dumplings (see recipe at the bottom of the page) if you would like to have these added. If not go on to the next step.

Once the potatoes and peas are soft, blend the mixture for about 2 minutes, at about 30 seconds at a time or until creamy.

Sauté onions, garlic, chilis, parsley, cilantro, and green onions. Add a pinch or two of salt for taste, cook for about a minute to two.

Add this mixture to the blender. Blend for 30 secs to 1 minute.

Pour mixture back into the pot, add a cup of water and stir. Let the mixture boil for 5 minutes on a medium heat. If mixture is too thick, add another cup of water.

Add meat. If meat is cooked, boil mixture for another 3 minutes.

If the meat is uncooked fish, add it to pot and cover. Let it boil for about 10 minutes on a medium fire.

Take a tablespoon and scoop up batter and drop into the pot. Cover the pot and let the dumplings boil for about 10 minutes.

After 10 minutes, add any veggies you may have like carrots, broccoli, snow peas. I like my veggies crunchy, so I let them boil for about 1 minute and then I serve.

Yield about 6 servings. Serve hot.

### **Dumplings**

Combine 1 cup of flour, with 1 tablespoon of olive oil and 1 teaspoon of baking powder. Work them together until olive oil is well mixed in.

In a measuring cup combine 1/4 cup of sugar and 2 cup of water. Mix well. Add solution to flour mixture. Pour in gradually until flour is a paste.