

## SWEDISH YELLOW PEA SOUP WITH PORK

(*Hernekeitto* in Finnish; *Artsoppa* in Swedish)

6 to 8 servings.



Swedish Whole Yellow Peas, *The Soup & Bread Cookbook* and perfect Pea Soup Bowls are available at Ingebretsen's.

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."

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 onion, sliced  
1/2 tsp ground ginger  
1/4 tsp ground allspice  
1 tsp. Salt  
1/8 tsp white pepper

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.

If your only experience with pea soup has been the kind that lurks on grocery store shelves, you will thoroughly enjoy this delicious traditional version!

\*For Swedish Whole Yellow Peas, *The Soup & Bread Cookbook*, *perfect Pea Soup Bowls & more...* please visit [ingebretsens.com](http://ingebretsens.com) or call us at 800 279 9333

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