

recipe split pea and ham soup

Recipe Split Pea and Ham Soup: A Hearty Classic for Every Season

recipe split pea and ham soup is a timeless comfort food that blends wholesome ingredients into a rich, flavorful meal. Whether you're looking to warm up on a chilly day or use up leftover ham, this soup offers a delicious solution that's both nourishing and satisfying. It's a dish that has stood the test of time, cherished in many households for its simplicity and heartiness.

The charm of split pea and ham soup lies in its humble beginnings—using dried peas and ham leftovers—yet it transforms into a rich, creamy bowl of goodness. This recipe is perfect for those who appreciate traditional cooking with a modern twist, and it's ideal for meal prepping or feeding a family with minimal fuss.

Why Choose Split Pea and Ham Soup?

Split pea and ham soup is more than just a tasty meal; it's a powerhouse of nutrition. Split peas are a fantastic source of plant-based protein and fiber, which help keep you full and support digestive health. Paired with ham, which adds a savory depth and additional protein, the soup becomes a balanced dish that can be a complete meal on its own.

Moreover, this soup is budget-friendly. Using dried split peas instead of canned or fresh ingredients reduces cost without compromising flavor. Ham bone or leftover ham pieces add richness, making the most of every ingredient without waste.

Health Benefits of Split Peas and Ham

- **High in Fiber:** Split peas are rich in dietary fiber, aiding digestion and helping regulate blood sugar levels.
- **Protein Packed:** Both split peas and ham supply essential proteins needed for muscle repair and energy.
- **Low in Fat:** When prepared without heavy creams or excessive oils, this soup remains relatively low in fat.
- **Vitamins and Minerals:** Split peas provide iron, magnesium, and B vitamins, while ham adds zinc and vitamin B12.

Key Ingredients for an Authentic Recipe Split Pea and Ham Soup

To craft the perfect bowl, understanding the ingredients and their roles is essential:

- **Dried Split Peas:** The heart of the soup, split peas break down during cooking to create a

creamy texture without added thickeners.

- **Ham or Ham Bone:** For a smoky, savory base, using a ham bone or diced ham provides the soup's signature flavor.
- **Aromatic Vegetables:** Onion, carrots, and celery (often referred to as mirepoix) build layers of flavor.
- **Garlic:** Adds a subtle pungency that enhances the soup's depth.
- **Herbs and Spices:** Bay leaves, thyme, and pepper bring warmth and complexity.
- **Broth or Stock:** Vegetable or chicken broth helps develop the soup's body and richness.

Optional Ingredients to Elevate Your Soup

- **Potatoes:** Cubed potatoes can add heartiness and texture.
- **Smoked Paprika or Mustard:** For a hint of spice or tang.
- **Fresh Parsley or Chives:** Sprinkled on top for color and freshness.

Step-by-Step Guide to Making Recipe Split Pea and Ham Soup

Preparing this classic soup is straightforward, but a few tips can make it exceptional.

1. Preparing the Ingredients

Start by rinsing the dried split peas thoroughly to remove any debris. Chop the vegetables finely so they meld seamlessly into the soup. If using a ham bone, ensure it's cleaned and trimmed of excess fat.

2. Sautéing the Aromatics

In a large pot, heat a small amount of oil or butter and sauté onions, carrots, and celery until softened and fragrant. This step builds the flavor foundation.

3. Adding the Peas and Ham

Add the rinsed split peas, diced ham, or the ham bone to the pot. Stir to combine with the vegetables.

4. Pouring in the Broth

Cover the ingredients with broth or water, typically about 6-8 cups depending on the desired

thickness. Add the herbs, garlic, and seasonings.

5. Simmering to Perfection

Bring the soup to a boil, then lower the heat and let it simmer gently for about 1.5 to 2 hours. Stir occasionally to prevent sticking and to check the peas' tenderness. The peas should break down and thicken the soup naturally.

6. Final Touches

Remove the ham bone, shred any remaining meat, and return it to the pot. Adjust seasoning with salt and pepper. If the soup is too thick, add more broth or water as needed.

Tips for Making the Best Split Pea and Ham Soup

- **Soaking Split Peas:** While not necessary, soaking peas for a few hours can reduce cooking time.
- **Using Ham Bone:** For maximum flavor, simmer the ham bone for several hours or overnight to extract richness.
- **Blending Texture:** Some prefer a chunkier soup, while others like it smooth. Use an immersion blender to partially puree the soup for a creamy yet textured experience.
- **Freezing Leftovers:** This soup freezes beautifully. Portion into airtight containers for quick meals later.
- **Avoiding Over-Salting:** Since ham is salty, taste before adding extra salt.

Variations to Try with Recipe Split Pea and Ham Soup

Recipe split pea and ham soup is versatile and can be adapted to suit different tastes and dietary needs.

Vegetarian Version

Skip the ham and use vegetable broth with smoked paprika or liquid smoke to mimic the smoky flavor. Add mushrooms for umami.

Spicy Split Pea Soup

Incorporate chili flakes or cayenne pepper to add a kick. A swirl of hot sauce at serving can also enhance flavor.

Instant Pot or Slow Cooker Method

For convenience, use a pressure cooker or slow cooker to reduce active cooking time. Both methods yield tender peas and rich flavor with minimal effort.

Pairing and Serving Suggestions

Split pea and ham soup is hearty enough to be a standalone meal, but pairing it with the right sides elevates the dining experience.

- **Crusty Bread or Cornbread:** Perfect for dipping and soaking up the thick broth.
- **Simple Green Salad:** Adds freshness and balances the richness of the soup.
- **Pickles or Mustard:** Their tanginess complements the smoky ham flavor.

Serving the soup with a dollop of sour cream or a sprinkle of freshly chopped herbs can also add a lovely finishing touch.

Recipe split pea and ham soup remains a beloved staple because it combines comfort, nutrition, and flavor in one pot. Its adaptability allows it to fit into various meal plans and occasions, whether a casual weeknight dinner or a cozy weekend treat. Once you master the basics, feel free to experiment with different seasonings and textures to make this classic recipe your own.

Frequently Asked Questions

What are the main ingredients in split pea and ham soup?

The main ingredients typically include split peas, ham (usually a ham bone or diced ham), onions, carrots, celery, garlic, vegetable or chicken broth, and seasonings like bay leaves, thyme, salt, and pepper.

How long does it take to cook split pea and ham soup?

It usually takes about 1.5 to 2 hours to cook split pea and ham soup, allowing the peas to become tender and the flavors to meld together.

Can I make split pea and ham soup in a slow cooker?

Yes, split pea and ham soup can be made in a slow cooker by combining all ingredients and cooking on low for 6 to 8 hours or on high for 3 to 4 hours.

Is split pea and ham soup healthy?

Split pea and ham soup is nutritious as split peas are high in fiber and protein, and ham adds protein; however, it can be high in sodium, so using low-sodium broth and lean ham is recommended.

Can I make split pea and ham soup vegetarian?

Yes, to make a vegetarian version, omit the ham and use vegetable broth; you can add smoked paprika or liquid smoke to mimic the smoky flavor of ham.

How do I store leftover split pea and ham soup?

Store leftover soup in an airtight container in the refrigerator for up to 3-4 days or freeze for up to 2-3 months.

Can I use dried ham instead of fresh ham in split pea and ham soup?

Dried ham is not typically used; it's best to use a ham bone, ham hock, or diced cooked ham to impart flavor and texture to the soup.

Should I soak split peas before cooking split pea and ham soup?

No, split peas do not require soaking before cooking, which helps reduce preparation time.

How can I make split pea and ham soup creamier without adding cream?

To make the soup creamier, you can blend a portion of the soup with an immersion blender or in a regular blender and then stir it back into the pot.

What side dishes pair well with split pea and ham soup?

Good side dishes include crusty bread, cornbread, a simple green salad, or roasted vegetables to complement the hearty soup.

Additional Resources

Recipe Split Pea and Ham Soup: A Classic Comfort Food Explored

recipe split pea and ham soup is a traditional dish that has long been celebrated for its hearty texture, nutritional value, and comforting flavors. Rooted in various culinary traditions, this soup combines the earthiness of split peas with the savory depth of ham, creating a meal that is both satisfying and economical. As food trends shift toward wholesome, homemade meals, the recipe split pea and ham soup remains a relevant and cherished option for those seeking nourishment and taste in one bowl.

In-depth Analysis of Split Pea and Ham Soup

The appeal of recipe split pea and ham soup lies not only in its flavor but also in its versatility and health benefits. Split peas are a type of field pea, usually green or yellow, that are dried and split for cooking. They are rich in protein, fiber, and essential vitamins, making them an excellent plant-based protein source. When combined with ham, a cured pork product, the dish balances plant and animal proteins, providing a full spectrum of amino acids.

Nutritionally, split peas are low in fat and high in dietary fiber, which supports digestive health and promotes satiety. Ham adds a distinct smoky taste and contributes sodium and fat, which must be considered when adjusting the recipe for health-conscious consumers. Despite this, the overall calorie content of split pea and ham soup remains moderate, especially when prepared with lean ham cuts and minimal added fats.

Historical and Cultural Context

Split pea and ham soup has roots in several cuisines, including American, British, and Scandinavian food traditions. Historically, ham hocks or leftover ham bones were simmered with dried peas as an economical method to extend the use of meat and create a filling meal. This frugality led to a hearty dish that became a staple in many households, particularly during colder months.

In modern culinary practice, the recipe has evolved to accommodate contemporary tastes and dietary needs. Variations may include the addition of vegetables such as carrots, celery, and onions to enhance flavor complexity and nutritional content. Some recipes also substitute smoked turkey or vegetarian alternatives for ham, catering to diverse dietary preferences.

Ingredients and Preparation Techniques

A classic recipe for split pea and ham soup typically requires the following core ingredients:

- Split peas (green or yellow)
- Ham or ham bone
- Onions
- Carrots
- Celery
- Garlic
- Bay leaves
- Salt and pepper

- Water or broth (vegetable or chicken)

The preparation involves soaking the split peas briefly to reduce cooking time, then simmering them with ham and aromatics until tender. The slow-cooking process allows the flavors to meld, the peas to break down into a creamy consistency, and the ham to infuse the broth with smoky richness.

Some advanced recipes suggest pureeing part of the soup to create a smooth texture while retaining chunks of ham and vegetables for mouthfeel. This technique adds depth and variety to the eating experience.

Comparisons with Similar Soups

When compared to other legume-based soups such as lentil or black bean soup, recipe split pea and ham soup stands out for its distinctive smoky flavor and thicker consistency. Lentil soups tend to have a more peppery or earthy taste, often with additional spices like cumin or coriander, while black bean soups emphasize a robust, slightly sweet profile.

The inclusion of ham differentiates this soup from vegetarian split pea versions, which rely on vegetable broth and spices for flavor. While vegetarian preparations are lower in saturated fat and sodium, they may lack the depth contributed by cured meats.

Pros and Cons of Recipe Split Pea and Ham Soup

- **Pros:**

- High in protein and fiber, promoting fullness and digestive health.
- Economical, utilizing inexpensive ingredients and leftovers.
- Comforting and warming, ideal for cold weather.
- Flexible recipe adaptable to various dietary needs.

- **Cons:**

- Ham contributes sodium and saturated fat, which may be concerning for some diets.
- Long cooking times required to soften peas adequately.
- Potential for flatulence or bloating due to legume fiber if not prepared properly.
- Not suitable for strict vegetarian or vegan diets unless modified.

Optimizing the Recipe for Modern Palates and Health

In response to contemporary nutritional awareness, many cooks adapt the traditional recipe split pea and ham soup to reduce sodium and fat content. Utilizing low-sodium broth, lean ham cuts, or smoked turkey breast can maintain flavor while lowering health risks. Additionally, incorporating spices such as thyme, smoked paprika, or black pepper can enhance complexity without reliance on salt.

Slow cookers and pressure cookers have modernized the preparation by significantly reducing cooking time and effort. These appliances help retain nutrients and develop flavor more efficiently, appealing to busy households.

For those seeking a plant-based alternative, smoked tempeh or mushroom-based broths can replicate the umami and smokiness that ham provides, maintaining the soup's character while aligning with vegan diets.

Recipe Split Pea and Ham Soup in Contemporary Cuisine

Restaurants and food bloggers have revisited recipe split pea and ham soup, elevating it with gourmet twists. Some incorporate fresh herbs, artisan ham, or serve it with artisan bread and cheese. Others experiment with presentation, offering it as a pureed bisque or a chunky stew.

This renewed interest underscores the soup's enduring appeal and adaptability. It remains a dish that bridges past and present culinary practices, offering nutrition, comfort, and flavor in equal measure.

Conclusion

The recipe split pea and ham soup embodies a culinary tradition that balances nutrition, economy, and taste. Its combination of protein-rich split peas and savory ham creates a dish that is both fulfilling and flavorful. As dietary trends evolve, this classic soup continues to adapt, proving its resilience and timelessness in home kitchens and professional settings alike. Whether prepared in a slow cooker or simmered on the stove, it offers an accessible, nourishing option that resonates with diverse palates and lifestyles.

[Recipe Split Pea And Ham Soup](#)

recipe split pea and ham soup: [The Complete Beans and Grains Cookbook](#) America's Test

Kitchen, 2024-02-06 From favas to fonio, take a deep dive into the vast world of beans and grains, with hundreds of exceptional, foolproof recipes Whether you're just opening a can of black beans, taking the time to brine scarlet runners, or cooking teff, the world of beans and grains is both approachable and delicious. Discover tantalizing recipes that use them in everything from sandwiches and handpies to tacos and pizza, salads and simmered soups to cultural mainstays from around the world like adasi, spatzle, hummus, and gyros. These dishes will delight omnivores, vegetarians, and vegans alike. ATK test cooks have worked through mountains of beans —sprouting, baking, pressure-cooking, and pureeing—to present you with expert cooking instructions and make-ahead know how: From how to make beans tender while keeping their shape to preventing cooked grains from clumping up. In this comprehensive collection, find everything from weeknight recipes to special occasion meals, helpful charts, fast and vegan tags, and much more: Beanified recipes: Classics reimagined to let beans deliciously take over. Think Beans Puttanesca and Chickpea Bouillabaisse Grainy innovations: Unique dishes such as Savory Oatmeal and Teff-Stuffed Squash with Lime Crema and Roasted Pepitas Classic comfort: The best versions of favorites like Texas Chili, Black Bean Burgers, and Creamy White Bean Soup Heirloom beans and ancient grains: Test cooks developed recipes to match to the right bean or grain. Learn how best to purchase, prep, and cook these beans and grains for optimum flavor. Useful substitutions: Recipes include a substitution line offering convenient bean and grain options

recipe split pea and ham soup: The Sentimental Kitchen Janet L. Gaebel, 2013-11-21 This cookbook was originally written as a Christmas gift for my daughter, Lindsey. I worked morning, noon, and night to gather a collection of recipes from my own kitchen as well as recipes from family and friends. These recipes were Lindseys favorites, those she would request time after time. The more people I talked to about their recipes, the more people would come to me because they heard I was looking for Lindseys favorites. What started out to be just a little booklet was turning into a full-fledged cooking encyclopedia! I gave Lindsey the small, unedited version for Christmas that year, with the understanding that I needed it back so that I could put together the other recipes I had collected. I continued working on my book, and what started out as a forty-page cookbook was now over one hundred pages. This book contains a conglomeration of recipes from friends, family, and even Lindsey, as well as from me and my fianc, Curt. We have all contributed our best-loved favorite recipes. No matter who contributed the recipes, they are all contributed with love. After all, that was the original intent of my gift to my daughter. Finally I give this gift to Lindsey with all my love.

recipe split pea and ham soup: The Mediterranean Cookbook Cider Mill Press, 2021-04-06 The Mediterranean Cookbook celebrates seasonal healthy eating with over 100 regional recipes. From Spain to Turkey, the cuisines that ring the Mediterranean are built around vegetables, fruit, whole grains, and eating meat and dairy in moderation. There's a reason why people in countries like Greece and Italy have lower rates of coronary heart disease compared to those in the US and countries in Northern Europe - they eat well! The recipes in this book are not a strict diet but a wholesome and balanced lifestyle choice that uses the best of seasonal, fresh food.--Amazon.com

recipe split pea and ham soup: The Sustainable Mediterranean Diet Cookbook Serena Ball, MS, RD, Deanna Segrave-Daly, RD, 2022-12-13 Mouthwatering, budget-friendly recipes that are good for you and good for the Earth, from the authors of The 30-Minute Mediterranean Diet Cookbook Food-loving dietitians and culinary instructors Serena Ball and Deanna Segrave-Daly are back, serving up delicious climate cuisine with a Mediterranean spin. The science is clear: a Mediterranean-style diet is one of the healthiest and most sustainable in the world. The Sustainable Mediterranean Diet Cookbook is a comprehensive guide to getting the most from this incredible regimen, with 10 steps to a more eco-friendly kitchen including helpful guidance on more sustainable ingredient choices, energy-saving cooking methods, smarter storage, and food waste reduction. If you can't do all 10, don't worry! Making even a few of these small changes can add up to a big impact on the health of the planet. Recipes include: Tahini Swirl Yogurt Parfait with Grapes Broiled Halloumi with Mint Cucumber Salad Cheesy Broccoli and Greens Soup with Za'atar (or Any

Day Bouillabaisse) Mascarpone Scrambled Eggs with Carrot Bacon Turkish Tomato Flatbread Falafel with Pickled Herb Spread Little Fishes Red Pepper Potato Cakes OR Spicy Fish Shawarma Bowl Smoked Seafood Farro Risotto North African Chicken Couscous Bowls Parsley Pistachio Beef Bulgur Koftas Baklava Frozen Yogurt Bark Olive Oil Polenta Berry Cakes Each recipe includes detailed nutritional information, as well as helpful ingredient substitutions, prep tips, and time-saving suggestions. Recipes were triple-tested by real home cooks and are adaptable for gluten-free, dairy-free, egg-free, nut-free, vegetarian and vegan lifestyles. Meat and seafood lovers will also find approachable ways to make more eco-conscious choices. With beautiful, inspiring full-color photographs throughout, this cookbook is an indispensable resource for a climate-friendly kitchen.

recipe split pea and ham soup: Chef Daniel Bruce Simply New England Daniel Bruce, Mat Schaffer, 2013-11-12 Top chef Daniel Bruce presents delicious, fresh, contemporary New England cuisine through 125 delectable go-to recipes for the home cook.

recipe split pea and ham soup: Army Recipes United States. War Department, 1946

recipe split pea and ham soup: VEG Editors of Cider Mill Press,, 2024-07-16 Delve into the vibrant and versatile world of vegetables with this exquisite cloth book. This beautifully crafted book features 150 innovative recipes showcasing the unique flavors and textures of everything from artichokes to zucchini. Ideal for both experienced cooks seeking to broaden their culinary horizons and novices eager to explore nature's bounty, VEG is perfect for any food lover who appreciates the finer things in life. Inside you'll find: 150 recipes for salads, soups, stews, sides, and entrees Stunning photography capturing the vibrancy of each dish Gorgeous cloth packaging with debossing Celebrate the rich diversity of vegetables with this high-end guide. Transform vegetables into culinary masterpieces with VEG.

recipe split pea and ham soup: Managing PCOS For Dummies Gaynor Bussell, 2011-03-31 Don't be held hostage by Polycystic Ovary Syndrome - with the right diet and effective exercise, you can minimise its impact on your day-to-day life and future wellbeing. Packed with realistic advice from a qualified nutritionist, this guide takes you through everything from picking which treatments to try - and which to avoid - to thriving with PCOS superfoods and finding resources and support to help you stay positive and maintain your focus

recipe split pea and ham soup: Five-Star Comfort Food Rich Komen, 2024-05-07 America loves to eat. And eat good. From Slow Cooker Goulash with Parsley Pasta to the most amazing Kung Pao Chicken, Five-Star Comfort Food ushers us into this wonderful world of America's best homemade food and five-star recipes. Renowned restaurateur and founder of Cinnabon Rich Komen has culled ninety of his favorite recipes from his culinary treasure trove to delight home cooks at every level. Rich is an outstanding cook, which he finds to be a fun part of his day and an interesting hobby. He's now eager to share his collection of award-winning recipes, which feature easy-to-follow instructions and easy-to-find ingredients. Some of the notable dishes include: Dungeness Crab and Artichoke Dip Garden Fresh Tomato Soup Pappardelle with Chicken Ragu, Fennel, and Peas Peppercorn-Crusted Roast Beef Citrus-Braised Pork with Crispy Shallots Pan-Seared Chicken with Riesling Cream Sauce, Chanterelles, and Chard Veracruz-Style Red Snapper Roasted Cauliflower Steaks Thyme-Scented Potato Gratin Prize-Winning Apple Pie From tasty appetizers to satisfying main dishes and down-home desserts, Five-Star Comfort Food offers a hefty helping of fabulous food for every taste.

recipe split pea and ham soup: Stay Calm and Have Soup! (Over 120 Recipes to make everyday a soup day!) , If you enjoyed my 101 Sauces and Marinades than this will be a great addition. Over 120 different soup recipes from different parts of the world, variation of soups from traditional, to vegetarian, to vegan. Collection of Chowders, Cream of soups, Peanut soups, Hot and Sour soups, plus many more. Why buy 10 different books on soups just to get a taste of the world? Soups from Europe, Israel and Asia like different varieties of Borscht, potato, cheese, and miso. Also soups like Hungarian Cherry, Israeli Wheat Berry Stew (Vegan), Persian Wedding, Roasted Eggplant, Garlic, 2 Beer Cheese, Spicy Sausage, Spicy Kale, Chicken, Watercress, Fruit soup (yes

you can make fruit soup) and many more! These recipes will keep you busy cooking and interested for years to come!

recipe split pea and ham soup: Helen's Hungarian Heritage Recipes Clara Margaret Czégény, 2006

recipe split pea and ham soup: Complete America Test Kitchen TV Show America's Test Kitchen (Firm), 2017-10-03 This newly revised edition of The Complete America's Test Kitchen TV Show Cookbook includes all 18 seasons (including 2018) of the hit TV show in a lively collection featuring more than 1,150 foolproof recipes and dozens of tips and techniques. Learn what happens in the test kitchen before the cameras start rolling, what's really involved in our recipe development process, and what lengths we'll go to in order to produce a best recipe.

recipe split pea and ham soup: The "I Love My Instant Pot®" Recipe Book Michelle Fagone, 2019-09-10 Officially authorized by Instant Pot! 175 must-have recipes for everyone's favorite cooking appliance—the Instant Pot—perfect for fast, delicious meals the whole family will love. Discover how easy cooking can be with the versatile Instant Pot that serves as everything from a pressure cooker to a sauté pan to a yogurt maker. The fast, programmable, and energy-efficient appliance makes it quick and easy to whip up any of these delicious, satisfying recipes in just minutes! This essential cookbook provides 175 appetizing, flavorful recipes from breakfast through dinner including: -Bacony Poblano Hashbrowns -Moroccan Lamb Stew -Bourbon Barbeque Chicken Thighs -Double Chocolate Cheesecake With dishes to suit every dietary need from vegetarian to gluten free, there's something for everyone in this collection of Instant Pot recipes. Featuring an introduction to the Instant Pot's features and tips for the best cooking results, soon you'll be using your Instant Pot for every meal!

recipe split pea and ham soup: Frozen Cooked Food Survey United States. Domestic and International Business Administration, United States. Office of Business Research and Analysis. Consumer Goods and Services Division, 1973

recipe split pea and ham soup: The Blue Kitchen Cider Mill Press,, 2025-03-04 Live life to the fullest with this collection of delicious, wholesome, and plant-forward recipes. Unlock the secrets to a happier, healthier life with recipes that embrace centuries-old traditions, nutritional wisdom, and the remarkable power of food. From colorful salads to hearty grain bowls, these dishes are as delicious as they are healthful. The Blue Kitchen isn't just about cooking—it's about transforming your lifestyle. This book brings the very best of these dishes into your home and proves that living a long life is not just a matter of luck, but something that we can take control of. Inside you'll find: Plant-forward appetizers Protein-packed entrees Innovative and flavorful salads Quick weeknight options Tips to keep you on track in your pursuit of healthier living Recipes centered around fresh, nutrient-dense foods How to infuse the wisdom of the ages into your cooking

recipe split pea and ham soup: The Complete Mediterranean Cookbook The Coastal Kitchen, 2023-05-23 Capture the spirit of Mediterranean cuisine with over 200 appetizing and heart-healthy recipes in The Complete Mediterranean Cookbook. Influenced by the many and varied cultures of the region, Mediterranean food is a delightful fusion of traditional dishes and bold, contemporary flavors. Bring brightness to your kitchen with Spanakopita, Honey Mustard Salmon, Green Shakshuka, Slow Cooker Cacciatore, and more. With these fresh and innovative recipes, you can savor every bite knowing that each meal you put on the table is both nutritious and delicious. Inside you'll find: Over 200 recipes for bold entrees, sauces, sides, pastas, beans, veggies, meats, seafood, salads, and desserts Stunning, full-color photography Easy-to-follow instructions that are suitable for all skill levels Fresh, cost-effective ingredients you can easily find at the store The amazing health benefits of this lifestyle Build healthy eating habits without sacrificing flavor as you dig into authentic, cross-cultural meals. Live well and eat even better with The Complete Mediterranean Cookbook.

recipe split pea and ham soup: In a Cajun Kitchen Terri Pischoff Wuerthner, 2024-05-01 When most people think of Cajun cooking, they think of blackened redfish or, maybe, gumbo. When Terri Pischoff Wuerthner thinks of Cajun cooking, she thinks about Great-Grandfather Theodore's

picnics on Lake Carenton, children gathering crawfish fresh from the bayou for supper, and Grandma Olympe's fricassee of beef, because Terri Pischoff Wuerthner is descended from an old Cajun family. Through a seamless blend of storytelling and recipes to live by, Wuerthner's *In a Cajun Kitchen* will remind people of the true flavors of Cajun cooking. When her ancestors settled in Louisiana around 1760, her family grew into a memorable clan that understood the pleasures of the table and the bounty of the Louisiana forests, fields, and waters. Wuerthner spices her gumbo with memories of Cajun community dances, wild-duck hunts, and parties at the family farm. From the Civil War to today, Wuerthner brings her California-born Cajun family together to cook and share jambalaya, crawfish étouffée, shrimp boil, and more, while they cook, laugh, eat, and carry on the legacy of Louis Noel Labauve, one of the first French settlers in Acadia in the 1600s. Along with the memories, *In a Cajun Kitchen* presents readers with a treasure trove of authentic Cajun recipes: roasted pork mufaletta sandwiches, creamy crab casserole, breakfast cornbread with sausage and apples, gumbo, shrimp fritters, black-eyed pea and andouille bake, coconut pralines, pecan pie, and much more. *In a Cajun Kitchen* is a great work of culinary history, destined to be an American cookbook classic that home cooks will cherish.

recipe split pea and ham soup: *The Open Fire Cookbook* The Coastal Kitchen, 2023-06-27 Discover all that live-fire cooking has to offer with over 100 delicious recipes in *The Open Fire Cookbook*. Whether you're setting up a firepit for a backyard barbecue or going on a camping trip, this book suits all of your outdoor cooking needs. Go back to the basics with chapters dedicated to meat, seafood, vegetables, sides, and more. There is something here for all appetites. Become a fire master as you learn about building a home firepit, fire safety, outdoor cooking essentials, and next-level techniques for cooking over open flames. Inside you'll find: - Over 100 open-flame recipes - Insight into proper grilling techniques and how to grill specific cuts of meat - Detailed instructions for building and starting a fire - Tips for cooking with grates, Dutch ovens, skillets, skewers, and more These bold recipes will bring any meal to life, no matter where you are. Gather your friends and family around the fire for your next meal with *The Open Fire Cookbook*.

recipe split pea and ham soup: *The Butterick Cook Book* Helena Judson, 1911

recipe split pea and ham soup: *The Big Book of Gluten-Free Recipes* Kimberly A Tessmer, 2013-04-18 Hundreds of delicious, gluten-free recipes for every occasion! *The Big Book of Gluten-Free Recipes* is the perfect guide for creating family-friendly gluten-free meals. It includes detailed instructions as well as a variety of easy-to-make dishes that are not only bursting with flavor, but also missing those key ingredients that you really don't want to use--wheat, barley, and rye. Featuring more than 500 mouthwatering gluten-free recipes, you will find something to satisfy everyone, including: Pull-apart cinnamon raisin biscuits Sicilian eggplant rolls Sausage and shrimp jambalaya Lamb with garlic, lemon, and rosemary Blueberry-peach cobbler Maple pumpkin spice lattes With so many simple, gluten-free dishes in one volume, you'll never have to look anywhere else for wholesome meals that your entire family will love!

Related to recipe split pea and ham soup

Recipes Find and share everyday cooking inspiration on Allrecipes. Discover recipes, cooks, videos, and how-tos based on the food you love and the friends you follow

Recipes, Dinners and Easy Meal Ideas | Food Network Need a recipe? Get dinner on the table with Food Network's best recipes, videos, cooking tips and meal ideas from top chefs, shows and experts

Recipes - Dinner, Appetizers, Snacks, Desserts & More from Explore our thousands of tested recipes to find the best recipe for dinner, breakfast, lunch, game day, snacks, cooking for two - you name it!

Simply Recipes - Less Stress. More Joy Sign up for a daily delivery of recipes, tips & stories! My grandmother's oven-baked slider recipe is made with just 5 ingredients: ground sirloin, onion, bread crumbs, cheese, and slider buns

Recipes - A great recipe is at the heart of every memorable meal. Browse our themed recipes for

inspiration or search by ingredient

100 Easy Dinner Recipes for Busy Weeknights - The Pioneer Woman Life can be hard—but these easy dinner recipes sure aren't. Think of this collection as your ultimate resource for quick, crowd-pleasing dinners. You'll find so many simple family

Recipes - Food & Drink Recipe Ideas - Delish Find the perfect food and drink ideas for every occasion, from weeknight dinners to holiday feasts

Allrecipes | Recipes, How-Tos, Videos and More Everyday recipes with ratings and reviews by home cooks like you. Find easy dinner ideas, healthy recipes, plus helpful cooking tips and techniques

Food & Wine Tested Recipes Peruse thousands of recipes from Food & Wine's decades-long history to elevate your everyday. Whether you're looking for easy weeknight recipes, seasonal dishes, vegetarian recipes, or

Recipes by Ingredient | RecipeLand Find thousands of recipes you can make with ingredients you already have and save time and money with our ingredient recipe finder

Recipes Find and share everyday cooking inspiration on Allrecipes. Discover recipes, cooks, videos, and how-tos based on the food you love and the friends you follow

Recipes, Dinners and Easy Meal Ideas | Food Network Need a recipe? Get dinner on the table with Food Network's best recipes, videos, cooking tips and meal ideas from top chefs, shows and experts

Recipes - Dinner, Appetizers, Snacks, Desserts & More from Explore our thousands of tested recipes to find the best recipe for dinner, breakfast, lunch, game day, snacks, cooking for two - you name it!

Simply Recipes - Less Stress. More Joy Sign up for a daily delivery of recipes, tips & stories! My grandmother's oven-baked slider recipe is made with just 5 ingredients: ground sirloin, onion, bread crumbs, cheese, and slider buns

Recipes - A great recipe is at the heart of every memorable meal. Browse our themed recipes for inspiration or search by ingredient

100 Easy Dinner Recipes for Busy Weeknights - The Pioneer Woman Life can be hard—but these easy dinner recipes sure aren't. Think of this collection as your ultimate resource for quick, crowd-pleasing dinners. You'll find so many simple family

Recipes - Food & Drink Recipe Ideas - Delish Find the perfect food and drink ideas for every occasion, from weeknight dinners to holiday feasts

Allrecipes | Recipes, How-Tos, Videos and More Everyday recipes with ratings and reviews by home cooks like you. Find easy dinner ideas, healthy recipes, plus helpful cooking tips and techniques

Food & Wine Tested Recipes Peruse thousands of recipes from Food & Wine's decades-long history to elevate your everyday. Whether you're looking for easy weeknight recipes, seasonal dishes, vegetarian recipes, or

Recipes by Ingredient | RecipeLand Find thousands of recipes you can make with ingredients you already have and save time and money with our ingredient recipe finder

Related Articles

- [defense basic preservation and packaging test answers](#)
- [yamaha g1 golf cart repair manual](#)
- [sappho poems and fragments](#)

[Back to Home](#)