

Helen's Pea Soup

Serves 6

Helen's vegetarian version of a traditional Newfoundland pea soup, complete with a doughboy (dumpling) is a firm favourite of ours, a tummy filler ideal for colder days but delicious whatever the weather.

6oz/170g/³/₄ cup yellow spit peas, rinsed
1 medium onion, finely chopped
1 tbsp oil
1 large carrot, diced
2 sticks celery, diced
1 medium potato, diced
8oz/200g/1 cup diced turnip
½ tsp thyme
40fl oz/1 ½ ltrs/6cups vegetable stock
1 tsp natural liquid smoke
salt and pepper to taste

Put peas into cold water, bring to a boil then simmer until soft (about 45 minutes). Drain.

Meanwhile fry the onion in a large pan, then add split peas and remaining ingredients through to the stock. Simmer until vegetables are soft (about 20 minutes). Add liquid smoke and season to taste.

Dumplings

4oz/155g/1 cup all purpose or gluten free flour
2 tsp baking powder
2oz/55g/¹/₄ cup butter or vegan butter
¼ tsp salt
water to mix

Sift flour and baking powder together, add salt. Rub fat into flour. Add water a little at a time until a stiff dough forms – don't knead or overwork the dough. With floured hands form the dough into small balls, about the size of a golf ball.

To cook – either drop balls into simmering soup or use a pan of boiling, salted water. Cook for 20 minutes.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

