



## PEA SNAPS... 'Pea' for St Patrick's Day

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Throughout the world, there is an [Irish tradition of planting peas on St Patrick's Day](#). This week's blizzard on the Canadian prairies, which shut down roads, rail and air, reminds us that many pea activities are more likely to be in the kitchen! Let it be said that [BEST Green Split Pea Flour](#) is a 'must' ingredient on the St Patrick's Day menu.



Two savory suggestions are BEST Green Split Pea Soup (prepared in 10-15 minutes), and Corriander (Cilantro) or Parsley Sauce for fish, vegetables or pasta. Follow with a sweet treat: [Glorius Chocolate Chip Cookies](#) (made with BEST Green Split Pea Flour of course!).

However, before moving on to the recipes... several 'Pea Snaps' readers have emailed to ask: "What is the difference between a green dried pea and a yellow dried pea?" Interestingly, google did not have the answer...

After several emails and 'phone calls, we found [Tom Warkentin, Professor and Crop Breeder](#) at the University of Saskatchewan Crop Development Centre. Thank you Tom, for your most helpful reply: "All peas start green. In the case of yellows the chlorophyll in the leaves and cotyledons degrades normally, while in green peas, the chlorophyll breakdown pathway is deficient and they stay green. So, genetically, green is recessive to yellow. This trait was first described in 1865 by Gregor Mendel, the father of genetics! In terms of nutrition, the differences are subtle."

### **Quick Pea Soup** - no soaking required

4-5 c. water  
2 carrots grated  
2 sticks of celery grated  
1 onion grated  
4 tsp vegetable bouillon powder (adjust to taste)  
1 - 1 1/2 c. cold water  
1/4 - 1/2 c. [BEST Green Split Pea Flour](#)

1. Add the water to a medium pot and bring to a boil.
2. While waiting for the water to boil, grate the carrots, celery and onion (I use a food processor).
3. Add the grated vegetables to the boiling water with the vegetable bouillon and reduce to simmer.
4. Into a large cooking jug pour the cold water. Whisk in the [BEST Green Split Pea Flour](#) until you have a runny paste.
5. Whisk as you add the paste to the boiling water mixture. For a thicker pea soup, add more flour; for a thinner, more hot water.



6. Cook for 5 minutes until the off-flavour and bitterness is gone and you are left with a smooth, delicious and filling soup!  
(Optional: top with chopped apple, crumbled bacon, or [Yumpeez](#).)

**Corriander (Cilantro) or Parsley Sauce** for fish, vegetables or pasta (based on [Delia Smith's](#) traditional method)

5 T. [BEST Green Split Pea Flour](#)

6 T. margarine or butter

1 1/4c. milk

1 1/4c. stock

1/2 c. chopped corriander(cilantro)/parsley

salt and pepper



1. Melt the margarine or butter over a medium heat in a pan.
2. Remove the pan from the heat and add [BEST Green Split Pea Flour](#) to the margarine or butter and stir until you have a smooth paste.
3. Return the pan to the heat and add the milk bit by bit, whisking constantly. Then add the stock to the mixture continuing to whisk.
4. When all the liquid has been added, turn the heat to low and allow to cook for 6- 10 minuets stirring every so often. Before removing from the heat, taste and be sure that the bitter pea flavour is gone. if not, return to the heat for a further couple of minutes.
5. Remove from the heat and add the chopped corriander/parsley. Season.
6. Pour over fish, vegetables or pasta, and serve.

Keep the questions, comments and recipes coming!

A special thank you to those who visited the [Best Cooking Pulses, Inc.](#) booth at [Supplieside Expo West](#) in Anaheim. We look forward to being in touch over the next several weeks.

Until next time... wishing you the luck of the Irish,  
Margaret



the dill pickle snack for that 'top of the morning' energy!

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