



PEA SNAPS... Soupalicious - a hearty fall supper in just 10 minutes

October 21, 2011

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A foodie festival called [Soupalicious](#), described by the organizers as "...the perfect opportunity to showcase Ontario's culinary, agricultural, environmental and social connections in a fun and tasty way!," was held earlier this month in Toronto. No fewer than 60 fine restaurants and caterers were there to showcase their talents. [Best Cooking Pulses](#) was there too, enjoying a bounty of tasty autumn fare and offering a hearty 'Super Quick Vegan Pea Soup'. A big thank you to the organizers of the event, and to all who made it a success!

[Ross](#) of Best Cooking Pulses shared the floor with TV Chef Marty Galin and Toronto Maple Leafs five-time Stanley Cup champion [Johnny Bower](#) (right) - the Hockey Hall of Fame player nicknamed "The China Wall".

Talking of record breakers, the [Best Cooking Pulses](#) booth earned the unofficial record for most samples eaten by the same person. Dylan (left), aged seven, came back a belly-bursting nine times! Dylan, we're so glad you liked Ross's pea soup!



Many others came back for a second cup, and all our visitors were happy to see a nutritious pea soup that didn't take hours to cook. Made from [BEST Green Split Pea Flour](#), 'Super Quick Vegan Pea Soup' is a wonderful way to enjoy the nutritional goodness of peas in a convenient way.

Super Quick Vegan Pea Soup

2 tbsp olive oil
1 small onion
1 leek
1 carrot
1 celery stick
2 garlic cloves
1 c [BEST Green Split Pea Flour](#)
4 c boiling water
2 organic veggie bullion cubes (much much tastier than the MSG-based conventional kind)
salt
pepper

Chop the veggies. Heat the olive oil in a Dutch oven on the stovetop, and add the veggies. Saute until soft. Mix [BEST Green Split Pea Flour](#) with enough COLD water to make a paste. Add boiling water to the veggie mixture, and then whisk in the paste. Simmer for 7-12 minutes. Add bullion, and salt and pepper to taste. For a thicker soup, add more paste. For thinner, add more water. Hand blend the soup for a creamy, velvety texture.

This is a very easy, forgiving and versatile soup base. Be creative and have fun with it!

Thank you to Denis who answered Dolores's query in the last [Pea Snaps](#) about the sucre a la crème pie with pulses: "This would be bean pie, made with pinto or navy beans. Like a lot of French Canadian desserts, it is very sweet!" He also offered a link to the recipe from [Parent Seed](#).

Next issue we will be featuring Melanie's Chocolate Mud Pie, gluten-free and dairy-free made with BEST Green Split Pea Flour. Keep an eye out for the next 'Pea Snaps' to hear more.

Happy soup-making!
Margaret and Ross



BEST Pulse Flours and Pea Fibre may be purchased in Canada at the on-line stores well.ca and canadaonly.com.

Click on the picture for BEST Pulse Flours and Pea Fiber on Amazon in the US.

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