



PEA SNAPS 'More Canadian than maple syrup...'

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"Voyageurs" were the fur traders of the 17th and 18th centuries who canoed into the wilds of western Canada and the northern US. One of the essentials they carried in their canoes were bags of dried whole yellow peas (organic, of course!). Pea soup was the staple meal of the journey – light to carry, and providing sustenance that "stayed with a man".

Voyageurs knew from experience what was good for them. Whole peas are high in protein and fibre, a good source of folate, vitamin C, iron, zinc and potassium, low in fat, antioxidant-rich, and rich in complex carbohydrates.

The soup was made during the night as the voyageurs slept. A kettle was filled with nine quarts of peas (one for each man), water, and strips of pork, and hung over the fire until the peas burst. Four biscuits were then added to the soup which simmered until daylight. The pea soup wasn't consumed until after the first 12 miles had been travelled the following morning. By then, the voyageurs would definitely be ready for lunch!

Even with prolonged cooking, peas will retain their prebiotic effect. From current research, we know that eating whole peas or whole yellow pea flour results in improved gut health, as indicated by an increase in beneficial gut bacteria (lactobacillus and bifidobacteria) and a decrease in harmful bacteria.



Easy Peasy Voyageur Pea Soup uses **BEST certified-organic Whole Yellow Pea Flour** in place of traditional whole yellow peas. Done properly, the soup is smooth as silk, and the perfect comfort food on cold winter days. Forget to mix the pea flour into a paste with cold water before adding, and you have a lumpy clumpy mess.

Easy Peasy Voyageur Pea Soup

2T olive oil
2-3 cloves of garlic, peeled and chopped
1/3c onion chopped
2 carrots chopped
2 sticks of celery chopped
2T oregano
2T rosemary
2T thyme
6c water plus ½c cold water
1¼+c BEST certified-organic Whole Yellow Pea Flour

Warm the oil in heavy bottomed pan. Add the garlic, onion, carrots and celery. Once soft, add the oregano, rosemary and thyme and heat for a further minute. Add the 6 cups of water and bring to a boil. Make a paste by mixing ½ cup of whole yellow pea flour with some of the ½ cup of cold water and add to the boiling water. Stir constantly. Take another ½ cup of flour and make into a paste with some of the ½ cup of cold water, and add to the pot. Mix the remaining flour into a paste and add to the soup. The final step is to season the soup with stock powder, and salt and pepper to taste. For a thinner soup, add more water. (Cooked sausage bits or crumbled bacon may be added if desired.)

Thank you to those who sent comments and encouragement. **BEST Pea Flour** and **BEST Pea Fibre** recipe brochures are now available as PDFs on the **Best Cooking Pulses, Inc.** website in the recipe section.

Happy trails!

Margaret

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