



POTAGE SAINT GERMAIN

INGREDIENTS

- 300 g (10.6 oz) split peas (poix casse)
- 2 tbsp butter (1 for frying the meat and vegetables, and 1 for melting into the soup before serving)
- Bouquet garni
- 12 g (0.4 oz) of salt (to cook the soup)
- 2 large tbsp carrots (cut in small cubes)
- 2 tbsp onions (cut in small cubes)
- 2 large tbsp finely sliced leeks (just the green part)
- 1 garlic clove
- 50 – 100 g (1.7 - 3.5 oz) pork belly (smoked or unsmoked)
- 1 stock cube (optional)
- 1 litre water (4 cups) clear chicken stock
- 4 tbsp pan fried croutons (to decorate)
- Chervil (or parsley if chervil unavailable)
- 1 grind of pepper to serve (optional)

NOTES

- If you are using salty stock cubes or a salty smoked bacon only add salt once the soup is finished to correct seasoning.
- There are other versions of this soup that can be made with fresh peas and an addition of potatoes.

PROCEDURE

1. Blanch the split peas by placing into a saucepan of cold water. Bring to a boil and immediately after boiling point is reached, rinse in a sieve under cold water.
2. Melt a tablespoon of butter in a medium sized saucepan on a medium heat. Add the chopped pork and fry for 3 mins. Add the carrots, onions and leeks and stir together on medium to low heat. Cook for 2 – 3 minutes.
3. Add the peas and mix gently.
4. Add 1 litre of cold water (if preferred, a stock cube can be added). Raise the heat and bring to the boil. Remove any scum.
5. Add garlic, bouquet garni and, if the meat came on a bone, add that bone.
6. Cook gently for ½ an hour and if no salty stock cube or salty meat has been used, then add 12 grams (0.4 oz) of salt.
7. Cook for a further 10-15 minutes and remove from the heat.
8. Discard the bouquet garni and bone (if used) and blend the soup with a stick blender to a smooth puree. Pass it through a sieve.
9. Add 1 tablespoon of butter and melt gently into the soup.
10. Serve hot with croutons and chopped chervil (or chopped parsley if chervil is not available).