

Split Pea Soup

Split pea soup has been eaten in Quebec for over 400 years. Some culinary historians believe it is styled after a type of soup that was made on Samuel de Champlain's ship as it travelled from France to the New World in the early 1600s. As French settlers arrived in Canada, the soup came with them and evolved to include meat like pork and local vegetables. The meal was filling and full of nutrients. As the soup's popularity spread around the country dried and canned versions became available in the late 1800s.

Recipe:

Soak peas overnight. Put in pot to boil. Take one chopped onion, one carrot sliced, one slice thick bacon and one slice turnip. Fry in a little butter until brown. Chop bacon and turnip slice after browned. Add onion, carrot, bacon and turnip to peas and boil until peas are tender.



Recipe Credit: Ladies of St. Mary's Church, *Woodstock Cook Book* , 1917.

Image Credit: National Gallery of Canada, Ottawa.