

Tummy Cow Pea and Ham Soup

1 onion
1 carrot
2 sticks celery
1 smoked ham hock
1 packet split green peas
Salt and Pepper

One day before, soak the peas in an ample quantity of water.

Peel and cut the onion into 4, peel and cut the carrot into 3, chop the celery sticks into 4 pieces each.

Put the above along with the ham hock into a 5 litre pot and fill the pot with water.

Bring to the boil and then reduce the heat to a simmer for up to 3 hours.

Remove the hock from the water and leave it to cool.

When cool, strip the meat from the bone and shred it into fine pieces. Take time to do this.

Meanwhile add the peas, strained of their soaking liquid, to the pot and cook until they are soft. You can squash the vegetables against the side of the pot to break them down a bit, but the idea is that the soup should be rustic.

When the peas are soft and almost melting, add the shredded ham, season generously with salt and pepper and enjoy the comfort of this thick, smoky soup.