

“Instant Pot” SPLIT PEA SOUP

Serves 8.

By Dennis W. Viau; modified from several recipes.

I have an Instant Pot Duo Plus, a multi-function electric counter-top cooker. One of its function is a pressure cooker. I used it to make split pea soup. The process is simple. The result is a delicious soup. Although I make this in my Instant Pot, you can make this is a pot on the stove. The cooking time will be longer.



Ingredients:

2 tablespoons pure olive oil
2 stalks celery, diced
2 medium carrots, diced
1 medium onion, diced
2 to 3 cloves garlic, minced
1 pound (454g) split peas (green or yellow)
6 cups (1.4 liters) stock (vegetable/chicken)*
3 to 4 sprigs fresh Italian parsley, finely chopped
Freshly grated black pepper
2 to 3 ham hocks
2 to 3 sprigs fresh thyme
1 or 2 bay leaves
Salt to taste
Optional: Diced ham

Directions:

Heat the Instant Pot using Sauté mode and add oil. Cook vegetables 3 to 4 minutes. Add garlic and cook 1 minute. Add rinsed peas and stock. (Heating the stock before adding can reduce pressure buildup time.) Add the parsley and pepper. Stir briefly. Place the ham hocks in the soup, pushing below the surface. Add the thyme sprigs and bay leaves. Attach the lid and pressure cook 10 minutes.

Allow the pot to depressurize naturally. Remove and discard the thyme sprigs and bay leaves. Transfer the ham hocks to a plate to cool.

Optional: For a smooth soup, purée with an immersion blender or in a blender or food processor. Purée before adding the ham to the soup.

Taste and season with salt.

Separate the meat from the ham hocks, discarding the fat and bones. Cube or shred the meat and add to the soup. Or add the optional diced ham. For a vegetarian soup, forego the meat and use vegetable stock rather than chicken stock.

Although the soup is ready to eat, it will taste better reheated a day or two later. The soup will thicken as it stands. If it thickens too much, a little water or broth can be added as needed.

*If the stock is concentrated and has a strong flavor, half stock and half water might make a better soup.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



Dice the vegetables fairly small. If you choose to purée the soup, these will blend in more easily. If you prefer a chunky soup, the small pieces will be more soup size rather than stew size.

2



Press the “Saute” function button on the cooker to heat the pot. Add the oil and vegetables. Cook 3 to 4 minutes. Add the minced garlic and cook 1 minute.

3



Sort through the dried peas, removing any unwanted material (if found) and then rinse. Add to the pot.

4



Add the stock. Heating the stock in a saucepan on the stove will reduce the time it takes for the cooker to come up to full cooking pressure.

5



Add the parsley and season the soup with pepper. Place the ham hocks in the soup, pressing down into the liquid to cover. Finish by adding the fresh thyme sprigs and bay leaf.

6



Attach the cover to the pot. Set the vent valve to “Sealing.” Press the “Pressure Cook” button and then use the + - buttons to adjust the time to 10 minutes. When the pot heats to full pressure the 10 minutes cooking time will begin. When done, the cooker will beep 10 times. Allow the cooker to depressurize naturally, which could take 20 to 30 minutes.

7



Remove and discard the thyme sprigs and bay leaf. Carefully remove the ham hocks and set aside to cool.

8



If you prefer a smooth soup, you can purée it with an immersion blender. A food process or blender can be used as well (you might need to let the soup cook a while).



Remove the meat from the ham hocks (discarding the fat and bones). Chop or shred, then add to the soup. Or you can add the optional chopped ham. Taste and adjust for salt before serving.



Serve warm in bowls, garnished with any available toppings. Croutons are a favorite.

Conclusion

For my first use of my Instant Pot, the recipe was easy to prepare. The beauty of this cooking method is that the pot doesn't need to be checked often while it is cooking. It will monitor itself. Set and forget. The soup is delicious. It will taste even better when reheated a day or two later.