

KITCHENS AROUND THE WORLD: *SWEDEN*



SPLIT PEA SOUP (Ärtsoppa)

INGREDIENTS

2 cups (500 ml) dried whole yellow peas* (can also be split peas if need be)
1 onion
1 carrot (optional)
Plenty of thyme or marjoram
Salt and pepper
½ lb (250 gram) salted pork **(bacon or ham could be used, could also be left out if we want it to be vegetarian)

INSTRUCTIONS

To make the soup, soak yellow peas for about 12 hours.

After soaking, cook the peas in about 5 ½-6 cups (1.3-1.5 liter) water together with a whole piece of salted pork (or if you prefer, cut into smaller pieces), onion, bay leaves and plenty of thyme (or marjoram which has a richer flavor).

I don't mind adding a carrot into the soup, it's not essential but it gives the soup a sweet touch that I like, add it later so it doesn't get too soft.

The peas will need about an hour to be ready, sometimes even longer. Just before the peas are done (almost mushy), take out the meat and slice it. The meat can be served on the side or in the soup.

If necessary, season with salt.

Source: <http://honestcooking.com/swedish-yellow-pea-soup/>

FLUFFY SWEDISH PANCAKES

(makes 4 servings)

INGREDIENTS

4 eggs
1 cup milk
1/2 cup warm water
3 tablespoons white sugar
1 cup all-purpose flour
1/2 teaspoon salt
1/2 cup butter, melted
1 tablespoon butter, melted, or as needed
Strawberry jam of some sort
Whipped Cream

INSTRUCTIONS

Blend eggs, milk, warm water, white sugar, flour, and salt together in a large mixing bowl with an electric mixer until well combined into a smooth batter.

Stream the melted butter into the batter while continuing to beat.

Heat a skillet or crepe pan over medium heat. Coat the cooking surface with a thin layer of butter.

Pour a thin layer of batter onto the prepared cooking surface; swirl the pan to assure even coverage.

Cook the crepe until browned on the bottom, 1 to 2 minutes; flip the crepe and continue cooking until the other side is browned. Serve immediately.

Source: <http://allrecipes.com/recipe/220142/fluffy-swedishpancakes/print/?recipeType=Recipe&servings=4>

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