

Combat food shortages with split peas: nutritious and cheap

My dear friends,

It all started last winter (2019-2020), when we watched a 1934 movie directed by Frank Capra called 'Broadway Bill', featuring Myrna Loy and Warner Baxter, whose bank-roll is thin and the luck is against him as he is arrested because of \$150 he owes somebody for horse food ... We really enjoyed watching this nice old movie: <https://www.youtube.com/watch?v=9IEfBSWPKVA>

It was well worth the entertainment, as well as the thoughts; I heard the song 'Split-Pea Soup and Succotash' (uncredited / composer unknown) and later found out that 'succotash' was highly popular in the US during the Great Depression, the time at which the movie was made, because of its affordable ingredients (mostly beans, corn and other vegetables) and filling nature: "*Oh - the Split-Pea Soup and the Succotash fell in love one spring and summer...*" It's not much of a song, but you can listen to some lyrics at 46'20" or 1h 07'00 of the video.

I then thought about 'the Split-Pea Soup' and here's all I discovered about DRIED GREEN SPLIT PEAS:



They are a precious product due to their very interesting nutritional properties and deserve a place of choice in the diet of the whole family. It is the seed of *Pisum sativum*, from the Fabaceae family. They are obtained after complete maturity, then dried so that the grain has only 9% moisture. The cellulose husk that envelops this legume is then removed.

They can be green or yellow, but people are more used to green ones, which are bright green due to chlorophyll and possess a more robust taste than yellow split peas.

- Rich in
- mineral salts and trace elements: potassium, magnesium, sulphur, manganese, phosphorus, calcium, copper, iron, etc.
 - glucides
 - vegetable fibres
 - vegetable proteins
 - vitamin K (major role in blood clotting, fight against osteoporosis - it allows bones to be more resistant, fight against cancer, blood pressure regulation, improvement of gastric balance)
 - vitamin E (a natural antioxidant)
 - vitamin C (L-ascorbic)
 - vitamin A (beta-carotene)
 - as well as group B vitamins such as B9 (folate), B6 (pyridoxine), B5 (which corresponds to pantothenic acid), B3 (niacin), B2 (riboflavin), B1 (thiamine), all necessary for DNA synthesis in the cell.

This powerful combination of vitamins mean that there are lots of health benefits. According to the USDA Agricultural Research Service, there is 60 g of carbs in one serving size of dried peas. Besides, amino acids that they contain are very similar in their properties to animal proteins. Thereby, this is significant for vegetarians who may consume dried peas instead of meat... or when

meat is scarce! Due to a high number of antioxidants such as lutein, carotene, rich in vitamin A, dried peas protect the skin and keep your eyes healthy and sharp.

Low in lipid (about 1.1%) and with a low glycemic index (GI).

100 g of split peas provide 121 kcal.

Split peas are nourishing: it gives a feeling of satiety that allows overweight people with big appetites to reduce their daily portion; it helps avoid snacking;

it participates in blood clotting;

it promotes good muscle health;

it helps fighting colon cancer (as part of a healthy lifestyle);

it rebalances intestinal transit: split peas are indeed capable of stopping diarrhea but also of preventing constipation.

They can be consumed regularly by most people, including diabetics. They do not contain gluten and can therefore be eaten without fear by people who are celiac, allergic or hypersensitive to gluten.

They are perfectly compatible with various spices that are also full of virtues for the body, such as turmeric combined with black pepper, or cumin, as is done in India.

Like the ugly duckling, split pea soup has its beautiful side, but you have to taste it (it is tasty, sweet and starchy) to make that discovery! You'd need a pressure cooker if possible (it cooks in 35 mn, instead of 150 mn)

Split pea soup

6 meals for 2 persons

They are many variations with carrots or other ingredients, but here's my simple, yet delicious recipe:

Ingredients before cooking:

- 1kg of split peas
- 3 stock cubes of your choice (chicken, garlic...)
- 2 onions
- 2 cloves of garlic
- (optional couple of drops of thyme and laurel essential oils)

Ingredients after cooking:

- a good piece of butter
- a little fresh cream if you have it
- diced bacon or ham
- salt & pepper

Dissolve the stock cubes in hot water in the pressure cooker. Add 1kg of split peas, cover with water and let them soak for a couple of hours (minimum) or the whole day, until you want to prepare the dinner.

Add (roughly) chopped onions, garlic (+ optional thyme and laurel) and cover with enough water.

Cook for 35 minutes in a pressure cooker.

Add water as necessary (if you don't want a 'split pea puree'), then butter, cream, diced bacon or ham, salt & pepper... Unlike other soups, no mixer/blender/electricity is needed, as the split peas just melt away, becoming naturally smooth! Serve hot!

Tip: if for example you want to serve 2 dinners for 2 (in 2 days), do not add too much water in the pot itself, but in the bowls instead; that way, it's easier to freeze the remaining (4 other dinners for 2) after pouring and weighing the rest in containers.

I suggest you buy 1kg as soon as possible to try it.

Back in Nov/Dec 2020, it cost £38 for a bag of 25 kg ORGANIC GREEN SPLIT PEAS ... which means 25 weeks of dinners (except Sundays). So, 2 x 25kg of split peas is 50 weeks = 1 year of food supply (dinners) for 2 persons for around €100.

Of course, you would need to get the few extra ingredients, but this is the basis.

They will keep for 30-40 years in Mylar bags with oxygen absorbers (I can give you a whole course about that later).

No wonder poor Americans loved it during times of hardship! Unlike rice or pasta, no need for sauce to go with it. That's the beauty of it! ... And we always feel like singing from the movie when we're having it!

With love,
Marie