

Jamaican Red Pea Soup

Makes: 10 servings

Preparation: 30 minutes

Ready In: 1 1/2 hours

Ingredients:

1 1/2 cups Dry red peas (kidney beans)
8-10 cups Water (start with 8 cups)
1 lb Stewing beef
1 1/2 lb Pig's tail or ham hock (optional)
1 large piece Yellow yam
1-3 Sweet potatoes
1-2 medium onions, chopped or 3 stalks green onion, chopped
1 tsp Dried thyme or 3 stalks fresh thyme
1 tsp Pimento seeds (optional) or 1 tsp Allspice
1 tsp Hot pepper sauce
1/2 tsp Black pepper
Salt and pepper to taste
Grace Pumpkin Beef Soup Mix (for enhance flavour)

Dumplings

1 cup flour
1/3 cup water
1/2 tsp salt
Mix together to make stiff dough

Directions:

Overnight Preparation

1. Place dry kidney beans in large soup pot on stove, cover with water and soak overnight.
2. If using, place pig tails in bowl, cover with water and soak overnight in fridge to remove excess salt.

1. To remove more excess salt, put soaked pig tails in a pot, cover with fresh water and bring to a boil. Repeat this step two more times.

~Note: Soak once over night, then boil the pigtails for 10 minutes and then for another 10 minutes to remove excess salt.

2. Place stewing beef in pot with red peas and add enough water to cover the two ingredients. Bring to a boil then reduce heat to simmer for about 1 hour, or until peas and beef are cooked.

~Note: The beef will likely be cooked before the peas, so remove when tender.

3. At the same time, in a separate pot cover pig tails with water, bring to a boil and then reduce heat to simmer until tender, about 1 hour.

~Note: In both pots, as water evaporates when cooking, add boiling water to cover ingredients.

4. When all the ingredients are tender add pig tails (with liquid) to pot with peas and beef and continue simmering.

5. Peel and cut yam and sweet potato into large serving pieces; add to boiling soup. Add boiling water to pot to semi cover yams and potatoes.

6. Add onion, thyme, pimento, hot pepper sauce and black pepper to soup pot and simmer until yams and potatoes are tender and soup has thickened.

7. Make dumplings and add to boiling pot of soup.

~Note: Add dumplings to soup in last 5 minutes of cook time.

8. Taste soup for flavour and add salt or pepper, if needed.

~Note: This soup should be moderately thick, but if it is too thick add some boiling water.