

Winter's Edge Split Pea Soup

1 ½ C. dried green split peas (soak at least 3 hours or overnight)
3 inch piece kombu
1 ½ yellow onion, ¼ inch dice
6-inch piece of burdock root, cut in thin strips and then dice
2 stalk celery, ¼ inch dice
7 C water
2 tsp. sea salt
2 tsp. toasted sesame oil
¼-1/2 tsp. Wright's brand liquid hickory smoke

1. Wash and soak the split peas with the water and kombu.
2. Place the soaked split peas in the pressure cooker.
3. Set the kombu aside and dice into small pieces.
4. Bring the split peas to a gentle boil. Skim off the foam. Repeat twice more removing the foam.
5. Return the chopped kombu to the split peas. Place the lid on the pressure cooker, bring up to pressure and cook for 20 minutes.
6. Either let the pressure come down naturally or place the pressure cooker in the sink and run cold water over it to drop the pressure quickly.
7. Warm the sesame oil in a soup pot and add the burdock. Sauté adding a small portion of the salt. Cook with an otoshi buta if you have one. Take care to keep the heat low to prevent the burdock from scorching. Cook until the burdock is golden and fragrant.
8. Add the diced onion and mix in the remaining salt. Cook the same as the burdock until the onions are completely transparent.
9. Add the celery and cook until the celery is soft. All the vegetables must be completely cooked because they will not soften once they are mixed with split peas.
10. Taste the level of salt in the vegetables. They should taste delicious, but not salty. The salt in the vegetables will season the whole pot of soup. If more salt is needed, add it to the vegetables and cook a little longer to melt the salt.
10. Add the cooked split peas to the vegetables. Add additional water if the soup is too thick.
11. Mix in the liquid smoke.
12. Place a heat deflector under the pot, so the peas do not scorch. Simmer over low heat to blend the flavors.