

# YUMI

Intercultural York

## Hernekietto

Finnish pea soup

Made by Kati



YUMI  
COMMUNITY  
RECIPE  
CARD





# Hernekeitto

## Ingredients

Serves 4-6

For soaking the peas:

- 2 litre water and 2tsp salt
- 500g dried peas
  
- 1¼ litre vegetable stock
- ½ tsp salt
- 1 onion
- 1 tsp marjoram

Please note: this is a vegetarian adaptation of the dish. Traditionally it can be made with smoked pork knuckle or shoulder.

For the pancakes:

- 300ml milk
- 2 eggs
- 200 ml plain flour
- 2 tbsp oil or melted butter
- Pinch of salt
- Butter or oil for frying

In Finland hernekeitto is traditionally eaten on Thursdays and accompanied by pancakes for dessert.

## Method

- Soak the peas in salted water for 6-12 hours. Pour the water away.
- Place the peas, vegetable stock and salt into a pot.
- Bring to the boil; skim off the residue and excess pea cases with a skimmer.
- Peel and chop the onion. Add the onion and the whole amount of meat into the soup. Simmer for about one hour.
- Let the soup simmer until the peas are done.
- Season with marjoram.

To make the pancakes:

- Pour the milk into a bowl. Add the flour and seasoning. Mix until smooth.
- Add the eggs and oil or melted butter, slightly cooled. Heat the butter in a frying pan and pour in some batter.
- Cook the pancake until set and golden brown.
- Flip the pancake over and cook the other side.
- Serve with jam, whipped cream, berries, cinnamon and sugar, honey or maple syrup.
- For a savoury version you can also add 100 ml of blanched spinach, grated carrot or potato.