



Sunchoke and Split Pea Soup

READY IN



143 min.

SERVINGS



6

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 6 servings pepper black freshly ground
- 1 cup carrots diced peeled (2 large)
- 0.1 teaspoon cayenne pepper
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 6 ounces goat cheese
- 0.3 cup heavy cream
- 0.3 cup leeks light diced white green (2)

- 8 cups chicken stock see low-sodium
- 1 tablespoon olive oil
- 0.5 cup pancetta diced thinly sliced
- 0.5 cup panko bread crumbs
- 0.3 cup roasted pasilla pepper diced seeded
- 0.1 teaspoon salt
- 1 pound ham hocks smoked
- 1 pound peas dried split
- 1 pound sunchokes diced peeled
- 2 tablespoons butter unsalted room temperature
- 0.5 cup onion diced yellow peeled ()

Equipment

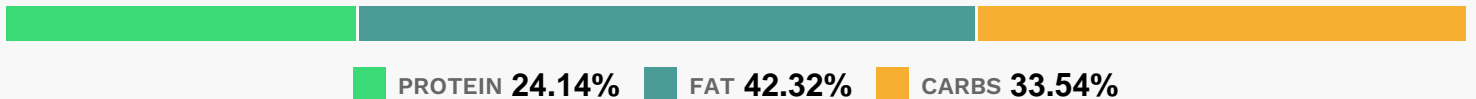
- bowl
- baking sheet
- paper towels
- ladle
- oven
- pot
- plastic wrap
- dutch oven
- cutting board

Directions

- Watch how to make this recipe.
- In a large Dutch oven over medium heat, saute the pancetta until just starting to brown.
- Remove from the pot, and drain on a paper towel lined plate. Increase the heat to medium-high and add the leeks, sunchokes, pasilla pepper, onion and carrots.

- Let cook for 5 to 6 minutes, then add in the garlic and cook for 2 to 3 minutes more. Make a well in the middle of the veggies, add the olive oil, and cook for 1 minute, then add the ham hocks. Cook the ham hocks, turning every 2 minutes, until all sides are warm and starting to lightly brown.
- Add the chicken stock and the peas. Bring to a simmer and cook for 30 to 45 minutes, stirring occasionally. Stir in freshly cracked pepper, to taste, and remove the ham hocks from the pot to a cutting board.
- Let them cool for a few minutes and with a fork, shred the meat and add to the soup. Stir in the heavy cream and the vinegar. Ladle the soup into serving bowls and serve with the goat cheese croutons.
- Sprinkle with rendered pancetta and a crack of black pepper and serve.
- Combine all the ingredients, except the panko, in a small bowl.
- Form into a log shape and wrap in plastic wrap. Freeze for 30 minutes or until firm. While in freezer, preheat the oven to 375 degrees F.
- Remove the cheese from the freezer and slice into 1/4-inch rounds. Flatten each slice with your palm or hand, and press into the panko crumbs. Arrange on a silicone baking mat or parchment lined baking sheet.
- Bake for 8 minutes, then turn over and continue to bake for 6 to 8 minutes more. Cool and store in airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:8.91, Inflammation Score:-10, Nutrition Score:40.684783168461%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 955.5kcal (47.78%), Fat: 45.65g (70.23%), Saturated Fat: 18.95g (118.45%), Carbohydrates: 81.41g (27.14%), Net Carbohydrates: 56.91g (20.69%), Sugar: 16.41g (18.23%), Cholesterol: 129.69mg (43.23%), Sodium: 646.66mg

(28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.59g (117.17%), Vitamin A: 7880.03IU (157.6%), Fiber: 24.5g (98.01%), Manganese: 1.5mg (74.76%), Folate: 265.55µg (66.39%), Copper: 1.23mg (61.38%), Vitamin B1: 0.92mg (61.38%), Phosphorus: 594.87mg (59.49%), Potassium: 2015.33mg (57.58%), Iron: 10.22mg (56.77%), Vitamin B3: 10.1mg (50.52%), Vitamin B2: 0.83mg (49.08%), Vitamin B6: 0.84mg (41.93%), Magnesium: 133.26mg (33.31%), Zinc: 3.55mg (23.69%), Vitamin B5: 2.26mg (22.63%), Vitamin K: 19.35µg (18.42%), Calcium: 163.15mg (16.31%), Selenium: 11µg (15.71%), Vitamin C: 8.1mg (9.82%), Vitamin B12: 0.51µg (8.47%), Vitamin E: 1.09mg (7.29%), Vitamin D: 0.42µg (2.81%)