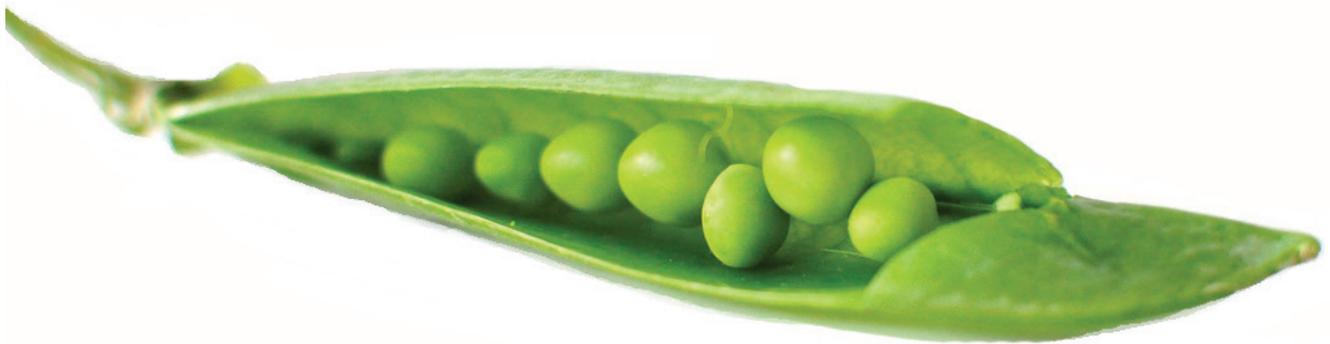
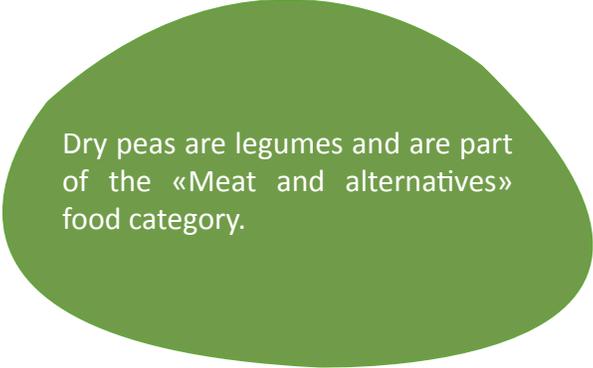


# PEAS



*Produced by the Little Burgundy Coalition's Health and Food Committee and  
the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal*



Dry peas are legumes and are part of the «Meat and alternatives» food category.

Fresh peas are often called green peas; once dried, they are called dry peas, or split peas if they are dried and split. Dry peas are just peas that have been left in the fields until they were completely ripe, then harvested and dried.

## VARIETIES

Dry peas can be yellow or green and are sold whole or broken in half, in which case they are called split peas, because their outer skin has been removed and they have been split in half.

## BUYING THEM

Peas are very affordable. Dry peas are sold in bags or in bulk. You can buy them whole or split.

## PREPARING THEM

It is better to soak legumes before cooking them, except for small ones like split peas. Soaking them cuts the cooking time by softening the outer shell of whole peas, which acts as a barrier for water absorption. Soaking usually requires 8 to 12 hours. Use at least three parts water for one part legumes, because they will triple in size as they soak. When in a rush, you can choose this quick method : bring water to a boil, let simmer for 1 or 2 minutes, let the pot with the legumes sit for 1 hour. The legumes will then be ready for cooking. Do not use the soaking water for cooking.

## USING THEM

Whole dry peas are most often used to make soup, traditionally with a ham bone or with cubed ham. Split peas can be easily pureed. They are used in soups, purees, salads, veggie balls...

## COOKING THEM

Whole dry peas need to be soaked before cooking, and their cooking time is longer, between 1 and 2 hours. Split peas (yellow or green) are less starchy and take less time to cook, from 1h to 1h30. They are ready when they get soft, but they might come apart if they are overcooked. It is better not to cook them in a pressure cooker.

## NUTRITIONAL VALUE

Dry peas are a good source of proteins, but these proteins are incomplete, so they cannot be our only protein source. They are rich in fibre and carbohydrates. They are an excellent source of potassium and folic acid, and a good source of thiamine (vitamine B1) They also contain magnesium, zinc, iron, copper, phosphorus and vitamin B5.

## CONSERVATION

Dry legumes can be kept for a long time, but there is a problem: the older they are, the more difficult it is to cook them. In fact, with time chemical changes occur in the plant tissue, making the peas more resistant to cooking.

## DID YOU KNOW THAT...

Pea proteins are considered « incomplete », because they lack certain amino acids, so they have to be eaten along with other foods in the «meat and alternatives» category in order to get all the amino acids we need in our diet to stay healthy.

# PEA SOUP

PREP TIME : 15 MINUTES

COOKING TIME : 1H10 MINUTES

PORTIONS : 6

## INGREDIENTS

1 <sup>1/2</sup>	Dry green peas, rinsed and drained
1	Onion, chopped
1	Leek, chopped
1	Carrot, in small cubes
1 stalk	Celery, chopped
2 cloves	Garlic, pressed or minced
2 tbsp.	Olive oil
1 tsp.	Dried savoury
2	Bay leaves
4 cups	Chicken stock (or vegetable)
2 cups	Water
1 pinch	Salt (optional) and pepper to taste



Recipe : SOS Cuisine

You can keep this soup in the refrigerator for 7 days or freeze and keep in the freezer for up to 4 months.

## PROCEDURE

If you are using whole dry peas, you will have to soak them for approximately 12 hours before beginning. If using split peas, there is no need to soak them.

1. Rinse the peas well under cold water and drain. Prepare the vegetables : Chop the onion, leek, carrot and celery. Press or mince the garlic.
2. Heat the oil in the pot at medium heat. Sauté the onion and leek, stirring often, for 4-5 minutes, until they become transparent. Add the carrot, garlic, celery, savoury and bay leaves. Cook for 5 minutes, stirring occasionally. Add the peas, the stock and the water. Add salt and pepper. Bring to a boil, reduce the heat and simmer uncovered until the peas are tender, around 60 min or more.
3. Add water if the soup is too thick or cook longer to let more liquid evaporated if the soup is too diluted. Serve in bowls.

# VEGETARIAN PEA BALLS WITH CUMIN AND CORIANDER

PREP TIME : 35 MINUTES

COOKING TIME : 20 MINUTES

PORTIONS : 40 BALLS

## INGREDIENTS

1 cup	Bulgur (or couscous)
1 cup	Dry green peas
1	Large onion, chopped roughly
3 cloves	Garlic
1/2 cup	Fresh parsley (leaves and stalks)
1 1/2 cup	Fresh coriander (leaves and stalks)
1	Egg
1/2 cup	Breadcrumbs (or flour)
1 tbsp	Olive oil
1/2 tsp	Hot pepper flakes (optional)
2 tbsp	Powdered cumin
1 tsp	Powdered coriander
1 1/2 tsp	Salt (or to taste)
1/4 tsp	Black pepper, freshly ground



Recipe : Ratatouille et compagnie

Delicious when served  
with a lemony yogourt  
and cucumber dressing

## PROCEDURE

1. Place the bulgur (or couscous) in a bowl and add 1 cup of boiling water. Cover and let sit for 20 minutes.
2. Cook the peas in a pot with 3 cups of water for 20 to 25 minutes at medium heat until they are tender. Drain, rinse and set aside.
3. Place all the ingredients, except the bulgur (or couscous) in a food processor, and make a chunky puree. Transfer the mix into a salad bowl, add the bulgur and mix well. Check the seasoning and add salt, pepper and cumin to taste.
5. Place the rack in the centre of the oven and pre-heat to 375 °F. Line a large cookie sheet with parchment paper.
6. Make small balls using approximately 1 1/2 tablespoon of the mix per ball.
7. Bake the balls in the oven for about 20 minutes or until they are lightly browned. Turn halfway through. Serve in pita with lettuce, onions, tomatoes and a lemony yogourt dressing (or tzatziki).