

Red Peas Soup

It's Saturday and everyone is looking forward to a hot bowl of soup. Red Peas Soup is one of the most common soups here in Jamaica, but strangely, stands as a challenge for persons to make.

Well, if you are a victim of such a challenge, here are some easy-to-follow steps that will lead you to preparing a hot and scrumptious pot of soup for the whole family.

Red Peas Soup with Gavin Plowright

INGREDIENTS

1 lb red peas
1 lb diced chicken
8 oz chopped onion
4 oz chopped garlic
6 oz diced carrots
4 oz chopped escallion
1 qt water (or as needed)
6 oz diced Irish potatoes
6 fl oz coconut cream
1 oz thyme
1 pepper
Salt to taste

METHOD

- 1 In a pot, add one pound red peas with one quart water and boil peas until tender (pressure cook if needed). If water evaporates, continue adding until the peas are cooked.
- 2 When peas become tender, remove half of the peas with some amount of liquid and set aside.
- 3 Add chicken to the remaining liquid. Boil until almost cooked then add potatoes and carrots. Allow to simmer for an additional five minutes.
- 4 Season with garlic, onion, thyme, escallion and scotch bonnet pepper, salt and pepper to taste.
- 5 When vegetables are tender and chicken is fully cooked, purée the other half of peas, which was removed earlier then return to pot.
- 6 Add coconut cream then check and adjust seasoning to desired taste with salt and pepper.