



APPETITE  **THE WILD**
Cook • Fish • Hunt



by MELISSA FROHLOFF

Pea and ham soup

Ingredients

- 1 bacon hock
- 250g yellow split peas
- 2 potatoes, chopped
- 1 large onion, diced
- 2 carrots, chopped
- 1 large zucchini, chopped
- 1/2 sugar loaf cabbage, finely sliced
- 2 cloves garlic, crushed
- 1/4 cup Worcestershire sauce

Method

1. Add bacon hock and split peas to a six-litre slow cooker and 3/4 fill with water. Cook on high for three hours.
2. Take the bacon hock out of the slow cooker. Remove the outer skin and any excess fat from the hock.
3. Peel the meat from the bone.
4. Add remaining ingredients and meat from the bone into the slow cooker. Reduce heat to low and simmer for a further three hours.

This is one of the author's mum's traditional winter warmers.

Prep time: 20 min | Cook time: 6 hours | Serves 6-8