Habitant Pea Soup

Habitant refers to people who live in rural Québec, where this hearty soup is a popular staple.

2 tablespoons olive oil 2 cups finely chopped onion 1 cup finely chopped carrot 1/2 cup finely chopped celery 2 cups yellow split peas 6 cups fat-free, less-sodium beef broth

2 cups water

6 ounces salt pork

2 bay leaves

1 (12-ounce) ham hock

2 tablespoons chopped fresh flat-leaf

2 tablespoons chopped fresh thyme

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/4 cup crème fraîche Fresh thyme leaves (optional)

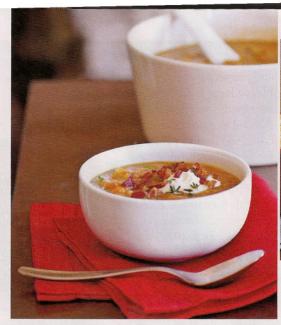
1. Heat olive oil in a large Dutch oven over medium-high heat. Add 2 cups onion, carrot, and celery to pan; sauté for 6 minutes, stirring occasionally. Stir in peas; sauté for 1 minute. Add broth and the next 4 ingredients (through ham hock); bring to a boil. Reduce heat, and simmer 1½ hours or until peas are tender, skimming surface occasionally, as necessary.

2. Remove ham hock and bay leaves; discard. Remove salt pork; cool. Remove 1½ cups pea mixture; let stand 5 minutes. Puree 11/2 cups pea mixture, and return to pan, stirring to thicken slightly. Stir in parsley, chopped thyme,

salt, and pepper.

3. Dice salt pork. Heat a nonstick skillet over medium-high heat. Add pork to pan; cover and cook 5 minutes or until crisp and browned, stirring frequently. Ladle 1 cup soup into each of 8 bowls; top each serving with 1 tablespoon pork and 11/2 teaspoons crème fraîche. Sprinkle with fresh thyme leaves, if desired. Yield: 8 servings.

CALORIES 426; FAT 25.2g (sat 8.7g, mono 11g, poly 2.5g); PROTEIN 14.7g; CARB 34.8g; FIBER 15.4g; CHOL 30mg; IRON 1.6mg; SODIUM 839mg; CALC 34mg



Tourtière

Spiced meat pie dating back to the Middle Ages is a holiday tradition in Québec. The dish is often made in a pie plate with top and bottom crusts. Our version calls to bake individual pies in ramekins with just a top crust—a simple way to shave both fat and calories from each serving. If you don't have ramekins, simply spoon the pork mixture into a (9-inch) pie plate and top with the entire store-bought pastry.

Cooking spray 1 pound ground pork

1 teaspoon salt, divided

1/2 teaspoon ground cinnamon 1/8 teaspoon ground red pepper

1/8 teaspoon ground cloves

1 tablespoon olive oil

1 cup finely chopped onion

1/2 cup finely chopped carrot

1/3 cup finely chopped celery

1 (1-pound) russet potato, peeled and cut into 1/4-inch cubes

3 garlic cloves, minced

2 tablespoons all-purpose flour

11/2 cups fat-free, less-sodium chicken broth

3 tablespoons finely chopped chives 1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)

1. Preheat oven to 400°.

2. Heat a large skillet over mediumhigh heat, and coat pan with cooking spray. Add pork to pan. Sprinkle pork with ½ teaspoon salt, cinnamon, 1/8 teaspoon red pepper, and cloves; sauté for 5 minutes or until browned, stirring to crumble. Using a slotted spoon, remove pork from pan. Add olive oil to pan,



and swirl to coat. Add 1 cup onion, carrot, celery, and potato; sauté for 5 minutes, stirring frequently. Add garlic, and sauté for 1 minute, stirring constantly. Return pork to pan. Stir in flour. and cook for 1 minute, stirring constantly. Add broth, scraping pan to loosen browned bits; bring to a boil. Cook 2 minutes or until slightly thick. Remove from heat; stir in chives.

3. Place 1 cup pork mixture into each of 6 (8-ounce) ramekins. Roll pie dough to an 11-inch circle. Cut 4 (5-inch) dough circles. Combine and re-roll dough scraps. Cut 2 (5-inch) circles. Place 1 dough circle on each ramekin, tucking edges inside. Cut an X in the top of each circle; coat lightly with cooking spray. Place ramekins on a baking sheet. Bake at 400° for 40 minutes or until golden and bubbly. Yield: 6 servings (serving size: 1 ramekin).

CALORIES 420; FAT 22.2g (sat 7.6g, mono 9.8g, poly 2g); PROTEIN 17.5g; CARB 36.5g; FIBER 2.4g; CHOL 54mg; IRON 1.8mg; SODIUM 683mg; CALC 45mg



WINE NOTE With traditional Canadian Tourtière, reach for the strong and spicy Québécois beer Maudite (\$8.99/750 ml). Made in a Belgian style, Maudite has a peppery, spicy signature that echoes this dish's lavers of cinnamon and clove.

The beer is strong and fullflavored, with bold fruit, caramel, bready, and figgy flavors that work with the complex flavors of these meat pies, while remaining refreshingly drinkable. -Jeffery Lindenmuth