

TERRA MADRE
SALONE DEL GUSTO 2022

SEPTEMBER 22—26
PARCO DORA, TURIN



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Recipe from Copenhagen | Danish peas in lightly smoked broth with seasonal greens & herbs

Presented by Chef Tine Kardos at "A tasty food revolution: the [Planetary Health Diet](#)" as part of Food Trails activities at the 2022 Terra Madre Salone del Gusto, 23 September 2022.

Serves 6

Ingredients:

- 1 onion
- 5 mushrooms
- 2 cloves of garlic
- 1 carrot
- 1 sprig of celery leaf
- ½ dl olive oil
- 150 g dried peas
- Sprig of rosemary
- 2 bay leaves
- 1,5 liter of water
- 1 tablespoon miso
- 3 tablespoons soy sauce
- 250 g seasonal greens (fennel, carrots, red onion)
- Smoke flavour extract
- Salt, pepper, sugar
- Apple vinegar
- A handful of fresh herbs (tarragon and parsley)
- A handful of finely chopped spring onion

Instructions:

- If possible, soak the peas overnight in advance.
- Chop onion, celery leaf, carrot, mushrooms, and garlic and sweat slowly in oiled pot.
- Add peas, cloves, rosemary, bay leaves and water and simmer under lid, until the peas are very tender.
- Add finely chopped carrots and fennel when the peas are almost done.
- Stir the miso/soy sauce in.
- Season with smoke extract, salt, pepper, apple vinegar and sugar.

Serve in bowls with sourdough croutons, fresh herbs and finely chopped spring onions.



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