

# The Samuel Fox Country Inn

Comfortable rooms, fine food, real ales and a warm welcome



## Split pea soup with skate knobs, black pudding, lemon and parsley

*This recipe utilises peasant ingredients and transforms them into a hearty yet refined dish. Skate knobs or cheeks are available from most good fishmongers. Order them in advance and keep them in a refrigerator at just above freezing temperature for no longer than two days. Alternatives would be thick slices of monkfish tail or scallops. I serve this dish in my restaurant and it is a winter time favourite with my customers.*

### Ingredients - serves four

250g	split peas	50ml	virgin olive oil
2	medium carrots	1 ltr	ham, chicken or vegetable stock
1	medium onions	100g	good quality back pudding
½	head of celery	12	skate wings (cheeks)
2 cloves	garlic	2 slices	stale white bread (for croutons)
1 sprig	thyme	1	lemon
1 bunch	curley parsley		salt & pepper
50g	butter	NOTE	For frying the parsley you require a deep fat fryer



## Method

1. soak the split peas overnight in cold water (2 parts water to 1 part peas) and the following day pour off the water and rinse and drain the peas in a colander
2. finely chop the carrots, onion, celery and garlic
3. heat the butter and half the oil in a heavy casserole dish, add the chopped vegetables and season well with salt and pepper
4. sweat the vegetables in the casserole dish until soft and sweet in flavour
5. add the split peas and the stock, bring to the boil, simmer and skim for about two hours
6. while the peas are cooking dice the black pudding and cut the stale bread into  $\frac{1}{2}$ cm cubes; keep them separate
7. heat some of the remaining olive oil in a frying pan on a medium heat and fry the bread cubes until golden, adding a little butter and salt near the end of the cooking process to enhance the colour and flavour of the resultant croutons, then remove the croutons from the pan and set aside to drain on kitchen paper
8. repeat stage 7 with the diced black pudding
9. grate the lemon skin (zest), squeeze the lemon and mix the juice with the grated skin, put aside
10. preheat a deep fat fryers to 180°C, pick the parsley leaves, wash, dry and deep fry until dark green and crispy and season with salt while drying on kitchen paper
11. remove any skin and cheek bones from the skate knobs, wash the fish, dry on a kitchen cloth and set aside for cooking at the last moment
12. blend the cooked split peas until smooth and force through a fine sieve; check the seasoning and consistency and adjust as necessary – if a little thick thin by adding milk – and keep warm until needed
13. heat some of the olive oil in frying pan, season the skate knobs and when the oil is hot fry the knobs until golden on both sides, then add a little butter and, when the butter becomes brown pour in the lemon juice and zest and take the pan from the heat and leave to one side
14. pour the peas soup into soup bowls and place the skate knobs on top, spread out evenly, then sprinkle on top the diced black pudding and croutons, then add the skate knob cooking juices and finally decorate with the deep fried parsley
15. enjoy with crusty bread and some chilled cider or perry.