

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 parsley
- 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 1 1/2 hours or until peas are tender, skimming surface occasionally, as necessary.
2. Remove ham hock and bay leaves; discard. Remove salt pork; cool. Remove 1 1/2 cups pea mixture; let stand 5 minutes. Puree 1 1/2 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 1 1/2 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
- 1 1/2 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 medium-high heat, and coat pan with cooking spray. Add pork to pan. Sprinkle pork with 1/2 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 layers of cinnamon and clove.

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