

TERRA MADRE  
SALONE DEL GUSTO 2022

SEPTEMBER 22—26  
PARCO DORA, TURIN



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

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.



The project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement n. 101000812

