



Mushy Peas

Served in England as a popular accompaniment to Fish and Chips with lashings of malt vinegar .

Ingredients

1 cup Fieldstone Organics Whole Green Peas

1 tsp Bicarbonate of soda

Sugar and salt to taste

Preparation

Cooking instructions:

- 1. Rinse and drain the peas**
- 2. Dissolve the bicarbonate of soda in 3 cups of boiling water and pour onto peas.**
- 3. Stir and leave to soak for 12-16 hours, then drain and rinse.**
- 4. Place soaked peas into a saucepan and add 1cup of boiling water.**
- 5. Add sugar and salt to taste.**
- 6. Boil gently for about 20 minutes, stirring occasionally, until the water has been absorbed or the texture is satisfactory.**