



## Betty Kaiser's Cook's Corner

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**H**appy New Year 2018 everyone! At our house, we're starting off the New Year with...Leftovers! And I'll bet your refrigerator is full of the same. Oh, sure, the pecan pie is probably all gone but there's plenty of leftover ham or turkey to go around and around and around.

It must be time for soup! This year I've got leftover ham and that means lima bean or split pea soup. The problem with sharing soup recipes is that it's hard to nail down the exact amount of ingredients to use. I make soup by the seat of my pants. A little bit of this, a little bit of that, etc.

Good soup making is not simple. You don't just pop everything in a pot and walk away. Creating a delicious soup takes time. Most soups call for layering ingredients. The broth or liquid is your base. The veggies and meat are your center and the seasonings are your final touch. Yes, soup can be made in a crockpot but it still needs attention. A soup's liquid is a balancing act. Thin or thick? I start out with the recommended recipe amount but inevitably add more liquid. Seasoning also varies. I always need to add more at the end. The amount of salt is a tough call. I look for low sodium broths and

love Mrs. Dash's products. Crushed red pepper flakes and a few drops of green Tabasco Sauce really brighten up vegetable soups. I also use concentrated chicken, ham or vegetable bouillon.

At my house soup begins in the morning by sautéing the well-known Mirepoix (2 parts onion, 1 part each celery and carrots) that is then added to the broth with other liquids and seasonings. Unless it's a stew that needs to have the meat tenderized, I add meat toward the end of the process.

The following recipes are best with ham off the bone. Place ham bone in a large kettle and cover it with water. Bring to a boil and simmer for about one hour or until the meat starts to fall off the bone. Remove the bone and meat from the water and set aside. Skim the fat from the broth and return to the stove to prepare the soup. Add ingredients per recipe. While soup is simmering remove remaining ham from the bone and cut into bite-size pieces. Discard the bone.

These soups can be ready to eat in just 3 hours. They're best if simmered long on low heat. Finish seasoning an hour before serving for a brighter flavor.

They can also be made the day before serving. Enjoy!

### HAM AND LIMA BEAN SOUP

Simmer ham bone (as above) in 3 quarts water. Remove bone. Skim broth.

Soup:

- 2 cups dried lima beans
  - 1 medium onion, chopped
  - 4 stalks celery, diced
  - 2 large carrots, shredded
  - Ham broth (above); add more water as needed
  - 1-2 pints tomatoes
  - 1 8 ounce can tomato sauce
  - 3 whole cloves
  - 2 bay leaves
  - 1 teaspoon basil
  - 1 teaspoon thyme
- Last hour additions:
- 1 chicken or ham bouillon cube
  - 2 tablespoons brown sugar
  - 3 cups chopped ham

**Lima Beans:** Rinse dried beans, place in pot on stove and cover with cold water; bring to a boil. Turn off heat and let sit for one hour. Drain and add to 3 quarts of the broth with the following:

Sauté the onion, celery and carrots in butter. Add to broth with the remaining ingredients. Simmer all afternoon to blend flavors and finish cooking beans. Thirty minutes before serving add bouillon cube, brown sugar and chopped ham. Taste to adjust seasonings. Serve with corn bread and a salad. Serves 6-8 generously.

### KCD'S SPLIT PEA SOUP

Simmer ham bone (as above) in 3 quarts water. Remove bone. Skim broth.

- Soup:
- 2 cups dried split peas (or 1# bag)
  - Ham broth (above) or 2 32-ounce cartons chicken broth
  - 1 large onion, minced
  - 3 celery stalks and leaves, chopped
  - 3 large carrots, grated
  - 2 medium potatoes, grated
  - 1 large bay leaf
  - 1 teaspoon each basil and thyme
  - Pinch of cayenne pepper
  - 1 teaspoon ham or chicken base
- Last hour additions:
- Garlic salt and lemon pepper to taste
  - 3 cups shredded ham

Add the split peas to 3 quarts of the ham bone broth. Bring to a boil uncovered for 2 min; remove from heat. Cover and let stand (1) hour. Sauté the onion, celery and carrots in small amount of oil. Add to broth with potatoes, and seasonings. Simmer long and low until very tender, stirring often. Add water as needed. One hour before serving add: 1 teaspoon each basil and thyme plus 2 teaspoons liquid smoke and shredded ham. Taste for more salt and pepper or other seasonings. Serves 8.

### CORRECTION

In the Dec. 13 edition of The Sentinel in an article titled, "How much a month?" a local realtor was identified with the incorrect spelling of his name. The correct spelling is Darin Hemenway. The Sentinel regrets the error.

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### Laws

Continued from A1

While redeemers have seen a five-cent jump in can returns, a new law effective Jan. 1 will extend those returns to nearly all bottles rather than just beer and soda cans. House Bill 3391 will also go into effect, allowing undocumented individuals to obtain no-cost abortions.

The controversial bill will eventually require that companies provide

health insurance plans that include women's health options.

The legislature debated more than 700 bills during its session.

Bonus law: Already in effect, the new distracted driving law has seen state troopers patrolling Interstate-5 in Dec. Anyone caught touching their cell phone while behind the wheel will face a fine. The third strike brings jailtime.

### Storage

Continued from A1

facility to be split in half. One side will be used to store evidence securely while the other side may be used as an instruction area in the future, complete with firearms training that utilizes simulators.

"It will allow us to store vehicles that we're waiting for search warrants on and it will keep them out of the rain," Gagner said.

The current storage units are paid on a monthly basis, a savings that will come back to the police department once the new facility is completed.

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