



*IT'S SPRING !*

Spring is officially here and hopefully the weather will improve. We could certainly use some warmer, dryer days. I only have a little news to report. All kitchens are proceeding well. The 2 Bears in Lake Cowichan have started up after a months absence with a few new members and Lynn as the new facilitator.

Easter is comming up at the end of this month and since a lot of people have ham for easter dinner, I thought I would include a couple of recipes to help use up any left over ham. This quiche recipe is good for using up meat and the split pea soup is great for those who buy the bone – in - hams. Either one is excellent.

*HAPPY EASTER*

## QUICHE

Serves 4

$\frac{3}{4}$  cup Grated Cheddar Cheese  
1 Tablespoon Flour  
1  $\frac{1}{4}$  Cups Chopped Onion  
2 Tablespoons Butter  
9 inch Unbaked Pie Shell

3 Eggs, Beaten  
 $\frac{3}{4}$  Cup Milk  
 $\frac{1}{2}$  Teaspoon Salt  
Freshly Ground Pepper  
1 Cup Chopped Ham

1. Sauté onion in butter until softened.
2. Mix grated cheese with flour and spread in bottom of pie shell.
3. Spread sautéed onion mixture over cheese Combine eggs, milk, salt, and pepper. Pour over cheese/onion mixture. Bake at 350 degrees F (180 C) until set, approximately 30 minutes.

# SPLIT PEA SIMMER

Serves 12

4 Cups Split Peas	1 Cup Cubed Celery Sticks
1 Smoked Ham Hock	2 Carrots Chopped
1 Stalk celery with leaves	1 Onion Chopped
1 Bay Leaf	1 Large Potato Peeled and Chopped
*Diced Ham (optional)	½ - 1 Tsp Pepper
¼ Tsp Dried Thyme	Salt
2 Cups Cubed Rutabaga	

1. Rinse peas and ham hock; place in stock pot along with 16 cups water and celery with leaf.
2. Bring to a boil, skimming off foam as necessary.
3. Remove and discard celery and bay leaf. Remove ham hock, let cool. Pull off meat; discard bone, skin and fat. Cube meat; set aside. (Soup and meat can be prepared to this point and refrigerated in separate covered containers up to 3 days.) Skim fat from soup.
4. In clean saucepan, combine split pea mixture with rutabaga, celery, carrots, onion, potato and pepper; bring to boil.
5. Reduce heat; simmer, stirring often, for 20 minutes or until vegetables are tender, adding up to 1 cup water if soup is too thick.
6. Return ham and diced ham (if using) to soup ; heat through.
7. Season with salt to taste.