

MEXICAN SPLIT PEA SALSA

(Something like salsa and a little bit like guacamole. Works well served as an appetizer with corn chips; or with fried polenta as a main dish.

1 1/2 cups split peas
3 cloves garlic, minced
1/4 cup fresh mint sprigs
3/4 tsp. sea salt
1 tbs. extra virgin olive oil
3/4 tsp. ground coriander
1/2 tsp. ground cumin
1/8 tsp. cayenne pepper
1/3 cup lime juice
1/2 cup chopped cilantro
1 large tomato diced

In a medium pot of boiling water, combine the split peas, garlic, mint and 1/4 tsp. of the salt. Reduce to a simmer and cook, stirring occasionally, for 30 minutes or until the split peas are tender. Drain; discard the mint.

Meanwhile, in a small skillet, heat the oil over very low heat. Add the coriander, cumin and cayenne, and cook for 30 seconds or until fragrant.

Transfer the spiced oil to a medium bowl and whisk in the lime juice and the remaining 1/2 tsp. salt. Add the hot split peas, cilantro and tomato; toss well.

Serve warm, at room temperature, or chilled

Makes 6 cups