Split Pea Mash with Crispy Onions and Toast

4 plates of thick split-pea mash, each with onions and 2 toast slices · Active 20 min · Total 1 hr 15 min

Skills: Easy

Ingredients

- 1 cup dried yellow split peas, rinsed (200 g)
- 4 cups water (960 ml), plus hot water only as needed
- 1 small onion, diced (100 g)
- 1 large onion, very thinly sliced (200 g)
- 2 tablespoons neutral oil (30 ml), divided: 1 teaspoon for the mash and 5 teaspoons for the topping
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon fine salt (3 g)
- 1 tablespoon lemon juice (15 ml)
- 1/4 teaspoon ground black pepper (0.5 g)
- 8 slices whole-wheat bread (320 g total)

Set out

Medium heavy saucepan, Wide skillet, Sieve, Toaster

Allergens

Wheat. Check labels and substitutions.

Make it

1. Heat 1 teaspoon oil in the saucepan over medium heat. Cook diced onion for 5 minutes. Add cumin and stir for 30 seconds. Add split peas and measured water; bring to a boil, then reduce to a gentle simmer.

2. Cook partly covered for 40–55 minutes until peas break down and become completely tender, stirring frequently near the end. Add hot water a little at a time if needed to prevent sticking. Simmer uncovered briefly if too loose; the finished mash should hold a soft mound.

3. Meanwhile, heat the remaining 5 teaspoons oil in the skillet over medium heat. Cook sliced onion for 15–20 minutes, turning often, until deep golden with crisp edges. Transfer to a plate.

4. Stir salt, lemon juice and black pepper into the mash. Toast the bread. Divide mash and onions among four plates and serve two toast slices with each.

A dry pulse with little sorting afterward

Split peas do not need an overnight soak for this method. A small dry quantity becomes the base of four meals, so measure it before pouring freely from the bag. Keep the remainder dry and tightly sealed, rather than opening another variety for a single dinner.

A useful detail

Acidity is added after the peas soften. If your peas remain firm after 55 minutes, continue simmering with enough hot water; the age of dried pulses can extend the total time.

Keep it well

Refrigerate mash in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat with water to loosen it and reach 165°F/74°C. Refrigerate cooked onions separately and use within 3 days; toast bread fresh. Freeze mash for up to 2 months.