

nova scotia hodge podge

recipe: a traditional recipe,
original recipe likely lost at sea

Makes enough for 4-6 people.

I've included some notes that I hope y'all will find helpful.

- **10-12 new potatoes** - scrubbed/not peeled, and halved - quarter any large potatoes, and don't cut the small ones - you want the potato pieces to be about the same size
- **2-3 cups chopped new carrots** - scrubbed/not peeled, cut into bite sized pieces (yah, you can peel them if you like)
- **1 cup chopped yellow beans** - 1 inch long pieces
- **1 cup chopped green beans** - 1 inch long pieces
- **1 cup shelled pod peas** - you want just the peas, not the pods
- **1 cup blend** - I believe blend is called half and half in the US - you want something around the 10% fat mark (*FYI - some people use a higher fat cream, and up to 1.5 cups of it*)
- **1/4 - 1/2 cup butter** (I use 6 tablespoons)
- **salt and pepper to taste**

Note: the cooking times listed below are what I use. Generally, you want the veggies - especially the beans - to be tender crisp. Some people like their veggies softer, and will cook longer - thus the frequent use of the word "about."

Fill a Dutch oven about halfway with water, and salt lightly (about 1/2 teaspoon of salt). Bring to a boil.

Add the potatoes to the boiling water. Cook for about 7 minutes. Add the carrots to the pot, and continue cooking for about 5 minutes. Next add the yellow and green beans to the pot, and continue cooking for about 5 minutes. Finally, add the peas, and continue cooking for about 3 minutes.

Drain off most of the water - leave about an inch of water (no more) in the bottom of the pot with the vegetables. Return the pot to the stove, and reduce burner heat to low. Add the blend and butter, and some salt and pepper (I start with a 1/4 teaspoon of each). Gently stir to combine, allowing the the blend and butter to heat through. As you're stirring, the potatoes might break up a bit. Not to worry. As the the blend and butter heat through, the broth may begin to thicken. This is normal. Don't allow the mixture to boil.

Once the mixture has heated through, it is ready to serve. Season with a little salt and pepper to taste. Serve with bread to sop up the extra broth.

Store any unused portions in the refrigerator, and re-heat before serving.