

Christmas Newsletter

December 2025



Pea Soup Dinner

Our annual pea soup dinner will be December 9 at 6:00 PM at our usual meeting place at Ascension Lutheran Church in Marion.

Bring your favorite treats and--if you can--a pot of soup.



Wearing a paperclip can symbolize resistance, unity, and solidarity, originating from a WWII movement in Norway where people wore paperclips to show they were "bound together" against Nazi occupation. The symbol has since been revived to show support against intolerance and injustice, and it can also be a subtle way to declare solidarity with specific groups or movements. Additionally, paperclip-style jewelry is a popular fashion item with a symbolic meaning of strength and connection.



Pea Soup Recipes (Ärtsoppa / Ärter med Fläsk)

Pea Soup (Ärtsoppa)

Ingredients: - 2 tablespoons butter or margarine - 1 pound stew meat, cut into small pieces - 1 leek (white part), sliced - 1 onion, chopped - 2 carrots, cut into small chunks - 10–12 oz rutabaga or yellow turnip, chopped - 1 teaspoon salt - 1/4 teaspoon pepper - 1–2 bay leaves - 10 cups water - 1 pound dry green or yellow split peas - 2 medium potatoes, peeled and cut into chunks

Instructions: 1. Melt butter in a pot. Brown meat, add leek and onion, cook until soft. 2. Add carrots, rutabaga, spices, and water. Bring to a boil; simmer 20 minutes. 3. Add peas and potatoes. Simmer 30 minutes or until soft.

Publisher's Note: King Gustav III decreed that Swedes and Finns eat pea soup every Thursday. This tradition has continued for over 300 years. Diana Kia notes this version is more vegetable forward, using rutabaga, carrots, and potatoes. Scandinavian variations often include smoked pork, ham bones, or pork shoulder. University students traditionally drink Swedish arrack liqueur called punsch with pea soup.

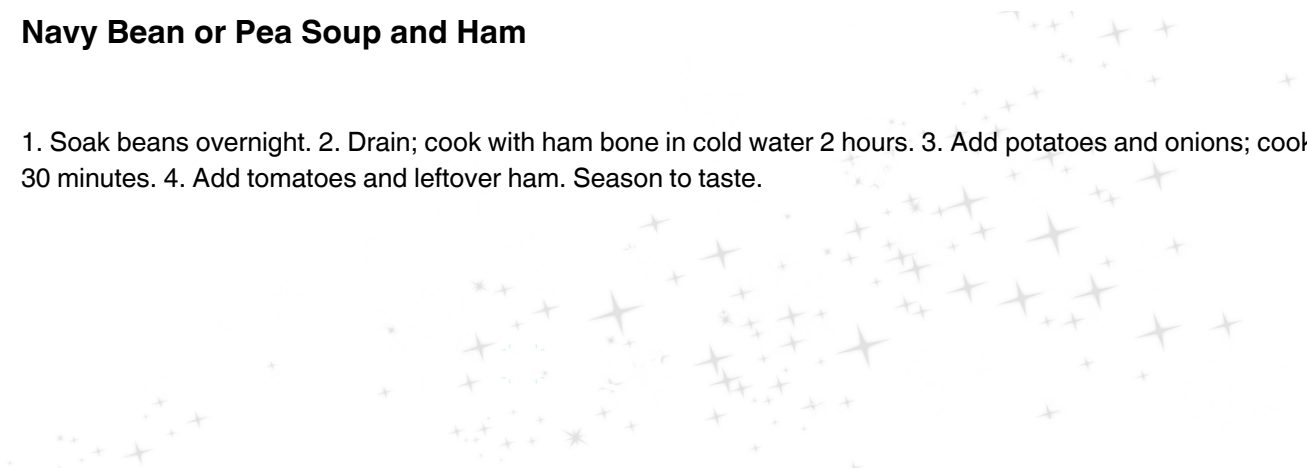
Yellow Pea Soup with Pork (Ärter med Fläsk)

Ingredients: - 4 cups (1¾ lbs) yellow peas - 2½ qts cold water - 1 tbsp salt - 1½ lbs smoked shoulder butt - 1 cup chopped onion - 1 tsp dried thyme - ¼ tsp monosodium glutamate (optional)

Instructions: 1. Rinse peas and soak overnight. 2. Drain and cover with cold water. 3. Wipe meat clean; add peas, meat, onion to pot. 4. Simmer 1½–2½ hours. 5. Remove meat, skim fat, return peas to broth with seasoning. 6. Simmer 1–1½ hours until tender. Skim hulls if needed. Serve with thin slices of the meat. Yield ~2½ qts.

Navy Bean or Pea Soup and Ham

1. Soak beans overnight. 2. Drain; cook with ham bone in cold water 2 hours. 3. Add potatoes and onions; cook 30 minutes. 4. Add tomatoes and leftover ham. Season to taste.



Pea Soup with Pork / Ärtor med Fläsk

Ingredients: - 2 cups dried yellow peas - 6 cups cold water - 1 onion, chopped - 1 tsp marjoram - ½ tsp thyme - ¾–1 lb pork hocks - Salt

Instructions: 1. Soak peas overnight, drain. 2. Simmer peas in 6 cups water, skimming husks. 3. Add onion, seasonings, and pork; bring to a boil. 4. Lower heat; simmer 1½–2 hours. 5. Salt to taste. Serve hot with pork pieces.

YELLOW PEA SOUP WITH HORSERADISH CREAM

YELLOW PEA SOUP IS A WINTERTIME FAVOURITE SERVED THROUGHOUT SCANDINAVIA, WITH EVERY COUNTRY CLAIMING OWNERSHIP. A TRADITIONAL COUNTRY DISH FULL OF RIB-STICKING GOODNESS, THERE ARE MANY VARIATIONS DEPENDING ON WHAT VEGETABLES ARE INCLUDED. SPLIT PEAS SPEED UP THE PROCESS, BUT THIS TRADITIONAL DANISH VERSION, GULE ÄRTER MED PEPPEROD CRÈME FRAÎCHE, USES WHOLE PEAS.

SERVES EIGHT

INGREDIENTS

450g/1lb dried yellow peas, picked over
500g/1¼lb meaty ham bone or boneless pork shoulder
1 onion, chopped
3 carrots, sliced
3 medium leeks, sliced
10ml/2 tsp dried thyme
175ml/6fl oz¾ cup crème fraîche mixed with 15ml/1 tbsp creamed horseradish
salt and ground white pepper
75ml/5 tbsp chopped fresh parsley, to garnish



6 Remove the ham bone, slice off any meat and return it to the soup.

7 Correct the seasoning and serve sprinkled with parsley and a dollop of horseradish cream.

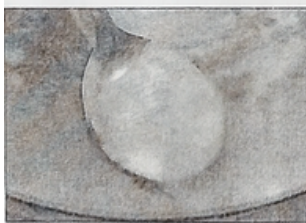
COOK'S TIP

If whole yellow peas are not available, this soup is equally delicious made with split yellow peas, or green peas, either whole or split.



1 Put the dried peas in a large, heavy pan and add cold water to cover. Leave to soak overnight.

2 Rinse the peas under cold running water. Return the peas to the pan and add 1.75 litres/3 pints/7½ cups water and the ham bone or pork shoulder.



3 Bring to the boil and skim off any foam from the surface, then lower the heat, cover the pan with a lid and simmer for about 1 hour until the peas are almost tender.

4 Add the chopped onion, sliced carrots and leeks, and dried thyme. Season to taste with salt and pepper.

5 Cook for about 1 hour more, until the vegetables are tender.

YELLOW PEA SOUP

Makes 6 to 8 serving

1 lb. yellow split peas, washed & drained
Water
2 lbs. lean bacon or smoked pork, in 1 piece
4 sm. carrots, scraped
1 celeriac (celery root), washed, peeled, & quartered

4 med. leeks, white parts only, cleaned & washed
1 lg. onion, peeled & cut into quarters
½ tsp. dried thyme
½ tsp. salt
Dash of pepper
1 lb. pork sausage links, cooked & drained (optional)

Soak the peas in cold water according to package directions, and cook slowly, covered, in 6 cups water in a large saucepan until soft, about 1 hour. Put the bacon, carrots, celeriac, leeks, onions, thyme, salt and pepper in another large saucepan or kettle and cover with water. Cook slowly, covered, about 40 minutes, or until the vegetables and bacon are tender. Take out the bacon; slice and keep warm. Take out the vegetables and cut into smaller pieces. Add to the cooked peas some of the broth in which the vegetables were cooked, to thin the soup. The soup may be very thick; add more broth, to thin the soup. Reheat and ladle the soup, including the vegetables, into wide soup plates and serve the sliced bacon and sausage separately on a platter.

SPLIT PEA SOUP

1 cup dried split peas
2½ quarts cold water
1 pint milk
½ onion
2 inch cube salt pork

3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper

Soak over peas and soak over night. Drain, add cold water, pork and onion. Simmer three or four hours, or until soft, rub through a sieve. Add butter and milk, cook together, salt and pepper. Dilute with milk.

ELSIE TAYLOR

YELLOW PEA SOUP WITH HAM

Ertesuppe / Ärtsoppa

A pot of yellow pea soup has long been a winter staple across Scandinavia. Slow-cooked peas, mild alliums, and smoked pork create a warm, deeply comforting broth that tastes even better the next day. This is a dish meant to be made in advance, shared at a long table, and served with mustard or rye bread.

INGREDIENTS

For the soup:

- 2 cups (5 dl) dried yellow peas
- 2 large leeks
- 1 smoked picnic or 1 smoked butt plus ham bone
- Small boiling potatoes
- Rutabagas

Danish-style variation: •

3 medium onions

- 3 whole cloves
- 1 pound yellow peas
- 4 cups water

Another Nordic variant:

- 4 dl (1¾ cups) dried yellow peas
- 1 liter (4 cups) water
- 1 tablespoon salt
- 300–400 g lightly salted side pork

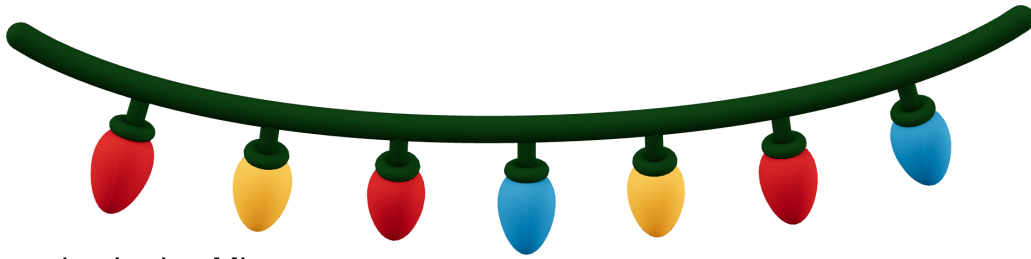


- 1 small pork shank
- A pinch of ginger, thyme, or marjoram

METHOD

1. Rinse the peas and soak in salted water for at least 3 hours or overnight.
2. Place peas in a large heavy pot with fresh water. Add sliced leeks and smoked pork or ham bone.
3. Bring to a boil, skim foam, reduce heat, cover, and cook until peas are tender and meat loosens—2 to 2½ hours.
4. Remove the ham. Slice or cube the meat and return it to the pot.
5. If too thick, add water; if too thin, simmer uncovered until rich.
6. Serve with chopped parsley, mustard, and rye bread.





Restauration Lodge Minutes
September 9, 2025

The meeting was called to order by President Barbara Erickson at 7:06.

There is a visitor, Leif Albertson. Welcome!!! He teaches orchestra at Franklin Middle School.

Treasury Report—Arden Shindoll

\$4692.00 in checking

2877.99 in CD

Arden will pay insurance this month.

\$50.00 was sent to Vesterheim in memory of Harold Williamson.

Membership Report—Alan Erickson

There are 82 active members.

Secretary Report—Marilyn Olson

No report this month.

Social Report—Barb Taylor and Sue Speicher

A variety show sponsored by the Lion's Club will taken place on September 14, at 2:30PM at the Giving Tree Theater in Marion.

Book Club—Marilyn Olson

Helen Andersen will lead the discussion about the book Silent Patriot. The meeting will take place at Kari Harper's house on September 24, at 1:00pm.

Happiness Report—Cheryl Zapf

Cheryl sent a card to Harold Williamson's family.

John Hanson's father-in-law died

Verl Lekwa's wife, Erleen, died on July 21, 2025.

Program—A report on the Sami people of Norway was presented by the vivacious Marilyn Olson.