

If you're lucky you'll have enjoyed a whole lot of Hodge Podge while you were here in the Municipality of Chester. It's full of fresh vegetables and while you're likely to find slight variations on the recipe you're sure to enjoy each one in its own right as mighty tasty!

We've taken this one from a milk calendar so the basis is there for you to try. Just whip up a batch or two and tweak for your taste buds where required! ENJOY!!!

Soup

Nova Scotia Hodge Podge

talk about traditional

Made best with the freshest of veggies

on the many at many restaurants

and community suppers too!



- Prep: **10 min**
- Cooking: **25 min - 30 min**

Ingredients

12 baby new potatoes cut in half

2 cups broccoli florets

1/2 cup frozen green peas

1 small onion finely chopped

Salt and pepper to taste

1 1/2 cups Milk heated

2 tbsp chopped fresh basil or dill (optional)

1 cup thickly sliced carrots

1 cup sugar snap peas, snow peas or green beans trimmed

2 tbsp butter

1/2 tsp dried tarragon or dried savoury or dried thyme

2 tbsp all-purpose flour

2 tsp Dijon mustard or dry mustard

Preparation

In a large saucepan, combine potatoes and carrots; add cold water to cover by 2 inches and 1/2 tsp salt. Cover and bring to a boil over high heat. Uncover, reduce heat and boil gently for 10 min or until potatoes are almost tender.

Add broccoli, sugar snap peas and green peas; boil for 3 min or until tender-crisp. Drain; set aside.

Return pan to medium heat; melt butter. Sauté onion, tarragon, 1/2 tsp salt and 1/4 tsp pepper for about 5 min or until softened. Stir in flour; sauté for 30 sec. Gradually whisk in heated milk and mustard. Bring to a boil, whisking constantly; reduce heat to medium and simmer, whisking, for about 2 min or until thickened.

Remove from heat; stir in vegetables and toss to coat. Season to taste with salt and pepper.

Transfer to a warmed serving bowl and sprinkle with fresh herbs (if using).