

## Diet

While the early American Puritans condemned all forms of gluttony, they did not condemn food, per se. In fact, they believed that food and great banquets were ways of glorifying God. They domesticated, hunted, and harvested a wide variety of foods--some healthy and some not. Among their delicacies were oysters, lobster, eel, and mussels. Their food staples were corn (introduced to them by the Wampanoag), asparagus, beans, pumpkin, squash, seafood, and wild game. Baked beans and pease porridge were among the most common dishes prepared.

### Healthy recipe

#### Pease porridge (serves 8-12)

##### *Ingredients*

1 bag yellow split peas, soaked overnight in cold water (green peas can be used also)  
1 onion, peeled and quartered  
1 large carrot, peeled and quartered  
2 bay leaves  
2 tbsp. malt vinegar  
¼ cup olive oil  
Salt and white pepper, to taste

##### *Directions*

1. Presoak the peas in a large container for at least 2 hours. Drain and pour peas into a pot.
2. Cover with cold water and add the onion, carrot, bay leaves.
3. Bring the mixture to a boil, then lower the heat and simmer for an hour, or until the peas are tender. Occasionally skim off any scum that rises atop the mixture.
4. Remove the onion, carrot, and bay leaves from pot. Mash the mixture or puree it in a blender or food processor.
5. Pour mixture into a clean pan. Add vinegar, oil, salt and pepper.
6. Keep the pease porridge warm until ready to serve, adding a little boiling water if the mixture becomes too dry, making sure that the mixture never becomes thin. The right consistency is that of a pudding.
7. Serve the porridge with a piece of healthy meat or fish. (The porridge can be made ahead of time and kept frozen.)