

Pe Pyot (Boiled Peas)

ပဲဖြူ

Makes: Approximately 10 cups

Soaking Time: 8 hours

Sprouting Time: 36 hours or more

Cooking Time: 45 minutes to 1 hour



Ingredients:

4 cups *Yellow Pea (Vatana)*

1 teaspoon *Baking Soda*

2 teaspoons *Salt*

2 teaspoons *Sugar*

2 tablespoons *Oil*

Directions:

1. Soak peas in a large pot with plenty of water (at least 5 to 6 inches of on top) for at least 8 hours to overnight. They will expand for more than double of its size. (I got a little over 10 cups after soaking)
2. Drain water in a large colander, keep colander on a plate and cover the peas with wet towel. Leave it this way for about 36 hours or until it starts to sprout. (Wet the towel 2 to 3 times in between or whenever the towel dries out.)
3. Transfer to a large pot; add all ingredients along with 3 cups of water. Stir or toss to combine and bring it to a boil over high heat.
4. Reduce heat to as low as possible, cover the pot and let it cook for 45 minutes to an hour until it is cooked through and all water has been evaporated. Toss or stir once or twice in between to check water level and doneness of the peas. If water dries out before peas are cooked through, sprinkle some warm water and continue cooking until soft.