

2 ways with Green Peas

Do make the most of the short season for fresh British peas. Five minutes and 500g of peas will make you a delicious soup as well as a lovely topping for Crostini.

1. Melt the butter in a heavy saucepan and add the sliced new season salad onions.
2. Sweat on a very low heat until translucent but not browned.
3. Add the peas and stock and simmer for 5-6 minutes or until the peas are soft. Frozen peas won't take as long as fresh ones.
4. Mix in a blender.
5. Rinse out the saucepan, place a sieve over it and push the blended peas through.
6. Add the cream to the thin soup in the saucepan, stir through and season lightly with sea salt.
7. To make Crostini: cut ½ a French stick into 1cm thick discs. Place under a high oven grill and toast for 1 minute on each side.
8. Cut the garlic clove in half and rub the toasted discs of bread on one side.
9. Top with a teaspoon of mashed peas and sprinkle a little sea salt on top.
10. Serve the Crostini with a glass of white wine and the soup either chilled or hot.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

2 tablespoons unsalted butter

3-4 new season salad onions
finely chopped

500g/1lb fresh (or frozen) garden peas

450ml/10 fl oz good quality stock
either chicken or vegetable

142ml/¼ pint double cream

A pinch Maldon sea salt

½ French stick

1 fresh garlic clove