

Pea and Mint Soup

REF:

Serves 4

Cuisine: British

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes

Ingredients:

300ml Water
25g Unsalted butter
½ tsp Caster sugar
½ tsp Maldon sea salt
200g Fine French beans, trimmed and halved
200g Sugar snap peas, stalk-ends trimmed
200g Shelled peas, fresh or frozen
400ml Chicken stock
Handful of mint leaves
Maldon sea salt and freshly ground black pepper

Method:

1. In a large saucepan, bring the water to the boil with the salt, butter and sugar .
2. Add the beans and sugar snap peas and bring back to the boil.
3. Cover and cook over a medium – low heat for 4 minutes, stirring in the peas after 1 minute until tender.
4. Put the contents with the chicken stock, mint leaves and some seasoning, into a blender or food processor and blitz to a pureé.
5. Pass through a fine sieve if you want a super-smooth consistency.
5. Transfer to a clean pan and gently reheat.

To Serve:

Pour into soup bowls, place a teaspoonful of crème fraîche on top and garnish with pea shoots.

Chef's Notes: