

Chilled Fresh Pea Soup

(From *A Year in a Vegetarian Kitchen: Easy Seasonal Dishes for Family and Friends*)

Serves: 4 people

Ingredients:

- 1 lb. Peas in pods
- 3 medium scallions, chopped
- 10 sprigs fresh parsley
- Salt
- 5 cups water
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- ½ teaspoon sugar
- 2 cups chopped tender green lettuce leaves (preferably Boston lettuce)
- ¼ cup Mint Cream (garnish)

Directions:

- Shell peas. You should have over 1 cup. **Do NOT** dispose of the pods!
- Bring the empty pea pods, scallions, parsley, ½ teaspoon salt, and water to a boil in a large saucepan.
- Reduce the heat and simmer briskly for 20 minutes.
- Pour the broth through a mesh strainer, pressing on the solids, pressing on the solids to extract as much liquid as possible.
- Measure the broth. You should have approximately 3 cups.
- Melt the butter in the empty saucepan over medium-low heat. Add the onion, ½ teaspoon salt, and the sugar.
- Cover and cook, stirring occasionally, until the onion is soft, but not browned. This should take about ten minutes.
- Add the peas and broth, raise the heat, and bring to a boil. Simmer briskly for 3 minutes.
- Add the lettuce and cook for another 2 minutes.
- Remove the pan from the heat and let the soup cool.

- Puree the soup in batches in a blender until very smooth. Chill the soup in an airtight container for several hours.

Mint Cream

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Makes: About ¼ Cup

Ingredients:

- ¼ cup crème fraîche or sour cream
- 1 tablespoon milk
- 2 tablespoons finely minced fresh mint leaves
- Pinch Salt

Directions:

- Place ingredients in a small covered bowl and refrigerate for one hour or more. (More time in the refrigerator means stronger flavor.)
- Place mixture in a fine-mesh strainer.
- Using the back of a spoon, push the cream through the mesh.
- Discard the mint and reserve the flavored cream.
- Refrigerate for as long as desired (up to several hours).