

Olive



**PEAS**

# PEA AND HAM HOCK SOUP

## INGREDIENTS

500g GARDEN PEAS  
2 CLOVES GARLIC, FINELY DICED  
3 TBS OLIVE OIL  
1 RAW HAM HOCK  
3 LARGE POTATOES PEELED AND WASHED  
3 WHITE ONIONS  
1 LTR VEG STOCK  
4 TBS MASCARPONE OR CREAM CHEESE

## METHOD

- PUT HAM HOCK IN COURT BOUILLON, BRING TO BOIL AND SIMMER FOR 3 HOURS UNTIL MEAT DROPS OFF THE BONE. SET ASIDE UNTIL LATER.
- GENTLY SWEAT OFF ONION, POTATO AND GARLIC IN OIL UNTIL TENDER BUT NO COLOUR. ADD PEAS, STIR WELL.
- ADD VEGETABLE STOCK AND BRING TO SIMMER UNTIL POTATOES ARE TENDER.
- TAKE FROM PAN AND BLITZ IN PROCESSOR OR BLENDER UNTIL BRIGHT GREEN AND A PUREE CONSISTENCY.
- ADD MASCARPONE OR CREAM CHEESE AND WHISK THROUGH UNTIL BLENDED, SEASON WITH WHITE PEPPER AND A SMALL AMOUNT OF SALT.
- ADD WARM SHREDDED HAM HOCK AND GARNISH WITH CHIVE FLOWER OR PARSLEY.

# PEAS A LA FRANCAISE

## INGREDIENTS

250g PEARL OR BUTTON ONIONS (FROZEN PEELED ARE BEST) DEFROSTED AND AT ROOM TEMP  
500g GARDEN PEAS  
100g BUTTER  
2 TBS CASTOR SUGAR  
200ML STILL SPRING WATER  
1 TSP SALT  
1/2 TSP DRIED THYME  
1/2 TSP FRESH CHERVIL (FINELY CHOPPED)  
1/2 TSP BLACK PEPPER  
1/2 A SHREDDED LETTUCE

## METHOD

- MELT BUTTER IN PAN, STIR IN THE ONIONS, WATER, SUGAR, SEASONING AND HERBS.
- ADD GARDEN PEAS, STIR UNTIL ALL COATED WITH THE FRAGRANT LIQUOR, ADD SHREDDED LETTUCE.
- STIR WELL AND COOK FOR 4 TO 6 MINS UNTIL PEAS ARE TENDER.
- SERVE STRAIGHT AWAY WITH FISH OR MEAT DISHES.