



Minted Pea Soup with Lemon & Chive Sour Cream

Serves: 4

Pea soup has been eaten since Greek and Roman times and can be still found today in the cuisines of many countries including England, Ireland, Canada, Germany, Netherlands, the Nordic countries and the United States of America to name a few. The soup was originally made from dried peas, such as a split pea which provided a high-protein and low-cost staple meal made from easy to store dried peas. Only more recently has the soup been made from fresh peas and when cooked in a light stock with fresh mint, this recipe makes a simple yet truly delicious soup that is perfect to serve as an entree or a main meal in its own right.

Ingredients

120gm Sour Cream

½ bunch Chives - rinse, drain and finely slice.

½ Lemon - finely zest.

20ml Olive Oil

3 Leeks - white stem only, remove root, finely shred, rinse and drain.

2 Garlic Cloves - peel and finely chop.

1Lt Vegetable Stock (salt reduced)

200ml Pure Cream

900gm Frozen Green Peas

40 Mint Leaves - rinse and drain.

To Taste - Sea Salt and Ground Black Pepper

Method

1. In a mixing bowl, add the sour cream, chives and lemon zest and mix to thoroughly combine. Cover with cling wrap and refrigerate until required.
2. Heat the olive oil in a saucepan over a moderate heat. Add the leeks and saute, stirring regularly until the leeks have softened, but not coloured.
3. Add the garlic and continue to saute for a further minute.
4. Add the stock and cream, mix to thoroughly combine and bring up to the boil.
5. Add 750gm of the peas, mix to thoroughly combine, bring back up to the boil, then reduce the heat and allow to gently simmer for 6 minutes.
6. Add the mint leaves, mix to thoroughly combine and continue to simmer for a further 4 minutes or until the peas are cooked through and tender, then remove the saucepan from the heat.
7. Using a stick blender, blend the soup to a smooth consistency.
8. Place the soup back over a low heat and bring up to a gentle simmer. Add the remainder of the peas and simmer for a further 5 minutes. Season to taste.

To Serve

Remove the lemon and chive sour cream from the refrigerator 10 minutes before serving to allow it to warm to room temperature. Pour the soup into serving bowls and top each with a generous dollop of lemon and chive sour cream.