

Pea Puree

Basic recipes will call for just boiling peas then pureeing. The fine dining restaurant way is to saute garlic and eschalots in butter before adding peas and stock to simmer until soft, blitzing into a puree then pressing through a colander to make it silky smooth. It tastes luxurious!

Wonderful side dish with any protein - meats, roasts, fish, prawns/shrimp - for both the splash of colour and the dual purpose it serves as a side dish as well as a semi-sauce. Nice change from the usual mash!



5 from 11 votes

Prep Time
10 mins

Cook Time
6 mins

Course: Side Dish Cuisine: French, Western

Keyword: chickpea recipe, frozen peas, pea puree, pea side dish Servings: 6 - 8 people

Author: Nagi

Ingredients

- 1 kg / 2 lb frozen peas
- 125g / 8 tbsp butter , unsalted
- 2 garlic cloves, minced
- 2 medium eschalots , finely sliced (ie the baby onions, aka French onions, US: shallots)
- 2 cups chicken or vegetable stock/broth , low sodium (use vegetable stock if the puree is for fish)
- 1/4 tsp salt
- 1/8 tsp white pepper

Minted option:

- 1 small handfuls mint leaves (optional)

Instructions

1. **Aromatics:** Melt butter in a saucepan over medium heat. Add garlic and eschalots, saute 3 minutes until soft, but don't let them go golden.
2. **Cook peas:** Add frozen peas and stock, increase heat to bring to simmer then cover and reduce heat to medium. Simmer 2 minutes.
3. **Reserve Liquid:** Remove 1/3 cup liquid from the saucepan, reserve.
4. **Blitz:** Transfer all peas and remaining liquid into a food processor. Add salt and pepper, and mint if using. Blitz on high for 1 minute until smooth.
5. **Optional straining:** For extra smooth, press through a mesh colander with a rubber spatula (it's easy).
6. **Adjust consistency:** Use Reserved Liquid as needed to achieve the desired consistency - I like a soft, dolloping consistency. Sometimes people want it looser. Add more salt and pepper if desired - remember, this is not supposed to be strongly flavoured or seasoned!

7. **Serve** warm. Either dollop/smear onto plates, or serve in bowls for people to help themselves.

Another great recipe by recipetineats.com