



## Peas, Peas and More Peas

Mount Vernon Farmers' Market

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with

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Fresh peas are sweeter and tenderer than their dry counterparts. To shell one, just pull down the string and squeeze the pod at the seams, then scrape out the peas and discard the pods. Freshness is crucial since peas begin converting their sugar into starch as soon as they're picked. The freshest pods are brightly colored and snap crisply when you bend them. Fresh peas don't need to be soaked and they cook fairly quickly.

### From the Garden Taste to the Freezer

Once the peas are shelled, blanch (boil or steam quickly) remove from the heat and chill them in an ice bath to halt the cooking process.

After the peas are completely cooled take them out of the water and drain them in a colander.

Place the peas into freezer bags or freezer containers, pack firmly and fully. Using different size bags or containers will allow you to have the portions you want when needed. Be careful to squeeze the air out of the bags before sealing. Mark each with the date and place them in the freezer until ready to use.

Following these steps will assure you great tasting peas for your favorite recipe at a later time.

### Peas with Mint

3 pounds peas, shelled (about 3 cups)

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1 tablespoon extra-virgin olive oil

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2 tablespoons chopped fresh mint

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1/4 teaspoon salt

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1/2 teaspoon freshly ground black pepper

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Bring enough water to cover the peas to a boil. Add the peas, cover and steam, tossing once, until tender, about 4 minutes. Transfer the peas to a large bowl and add the olive oil, mint, salt and pepper. Toss to coat. Serve immediately.

**Variation:** In a sauté pan, heat the olive oil over medium heat. Add the peas and cook, stirring occasionally, just until tender, about 3 minutes. Stir in the mint. Season with salt and pepper. Serve immediately.

## Peas and Rice

1/2 cup uncooked long grain rice	1 (14.5 ounce) can chicken broth
1/8 teaspoon rubbed sage	1 cup fresh or frozen peas
2 tablespoons butter or margarine	2 tablespoons diced pimientos

In a saucepan, sauté rice and sage in butter until rice is lightly browned. Add broth, bring to a boil. Reduce heat, cover and simmer for 20 minutes. Add peas, simmer, uncovered 10 minutes longer or until heated through, stirring occasionally.

Stir in pimientos. Serve

## Fresh Pea Soup

2 tbsp butter  
2 medium shallots, finely chopped  
2 cups water (or chicken stock)  
3 cups fresh shelled green peas  
Salt and pepper to taste  
3 tbsp whipping cream (optional)

Melt the butter in a heavy-bottomed saucepan over medium heat.

Cook the shallots until soft and translucent, about 3 minutes.

Pour in the water and peas, season to taste with salt and pepper.

Increase the heat to medium-high, bring to a boil, then reduce heat to low, cover, and simmer until the peas are tender, 12 to 18 minutes.

Puree the peas in a blender or food processor in batches. Strain back into the saucepan, stir in the cream if using, and reheat.

Season to taste with salt and pepper before serving

# **Sugar Snap Peas with Mint**

## **Ingredients:**

- 2 teaspoons olive oil
- 3/4 pound sugars snap peas, trimmed
- 3 green onions, chopped
- 1 clove garlic, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon chopped fresh mint

## **Directions:**

1. Heat oil in a large skillet over medium heat.
2. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper.
3. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.