

Summer Pea and Mint Soup

Ingredients:

Serves 4

1 shallot, minced
1 tablespoon unsalted butter
1 pound frozen petite peas or 2 cups fresh peas
3 cups low sodium chicken broth
Leaves from 8 sprigs mint (reserve tops of 4 sprigs for garnish)
Kosher salt and fresh ground pepper
¼ cup heavy cream
¼ cup croutons

Preparation:

Saute the minced shallot in the butter over medium heat in a 2-1/2 quart saucepan for a few minutes until softened. Add the peas, the chicken broth and the mint leaves, bring to a boil and simmer 5 minutes until the peas are tender. Let the soup cool briefly and then puree the soup in batches in a blender. Strain the soup back into the saucepan, removing all solids. Add salt and pepper to taste and swirl in the heavy cream. If you are serving the soup hot, simmer it over medium low heat for 5 minutes making sure it doesn't boil. If you prefer to serve it cold, place it in the refrigerator for 30 minutes to chill it. When ready to serve, garnish each bowl with a reserved sprig of mint and a sprinkling of croutons. We enjoy this soup for its delicate, sweet pea flavor and refreshing mint aftertaste.