

# Pea Soup Masterclass



**Serves 4**

**Prep 15 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

1.2kg peas in the pod, to get 450g shelled peas (or 450g frozen peas)	<b>To serve (optional)</b>
4 spring onions	Crème fraîche
2 rashers smoked streaky bacon (optional)	1 small bunch fresh mint or 1 tbsp parsley or chives, chopped
30g butter, or 2 tbsp rapeseed oil	½ baguette
750ml water (or veg stock if not using bacon)	Soft goat's cheese
1 squeeze lemon juice	
1 pinch sugar (optional)	
Salt and black pepper	
1 pinch nutmeg (optional)	

1. Pod & shell the peas, reserving 5 of the empty pods for flavour or go for frozen.
2. Roughly chop the spring onions, white and green parts alike, discarding only the tough tops. A couple of shallots, or a small white onion, finely chopped, if that's all you have to hand. Chop the bacon, if using.
3. Fry the onions and bacon. Heat the butter in a large pan over a medium-low flame. (Alternatively, use oil) Add the bacon and spring onions, and sweat gently until the onions are soft and the bacon begins to release its fat; try not to let it colour.
4. Add the peas and the reserved pods, if using, to the pan, stir to coat them in the fat, then pour in the water. If you aren't using bacon, you may wish to use vegetable stock instead, because of the extra boost of flavour. Bring to a boil, then simmer until the peas are really tender (about 10 mins, depending on their size).
5. Puree the soup: turn off the heat, fish out and discard the pods and leave the soup to cool slightly. Use a food processor or hand blender to puree the mix until smooth – if you realise that you've missed a pod, it's not a disaster, but you may wish to sieve the soup after blending, to extract any particularly fibrous bits before serving.
6. Seasonings: stir in the lemon juice, taste and season accordingly: depending on the freshness of the peas, you may well feel the need to add a pinch of sugar as well as the usual salt and pepper; if you're serving the soup warm, try a pinch of nutmeg.