

Pea Shoot Coulis

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Serves 4

Preparation and cooking time: 20 minutes

Ingredients:

- 6 fl oz Chicken Stock
- 1 Shallot
- 1 Garlic Clove
- 3 tbsp Crème Fraiche
- 100g Pea Shoots
- 1 tbsp Butter
- 1 tsp Cornflour



Method:

A sophisticated take on mushy peas! Finely chop the shallot and garlic clove. Heat the butter in a saucepan then add the shallot and garlic. Fry until starting to colour then add the chicken stock and crème fraiche. Stir thoroughly, then simmer for 5 minutes. Remove from the heat and add a handful of pea shoots. Using a hand blender, blitz until smooth. Continue to add pea shoots a little at a time until you have combined them all with the stock mixture. (For a seriously smooth sauce press through a sieve then return to the pan.) Mix the cornflour with 3 tbsp water then add to the sauce while it is off the heat, continuing to whisk thoroughly. Return the pan to the heat and bring to a simmer for 2 -3 minutes. If you would like a thicker sauce, use 2 tsp of cornflour.

Mushy peas are traditionally served with fish and chips – this is a great alternative with pan fried fish and oven baked chips. Other recipe suggestions include serving with chicken breasts wrapped in parma ham then roasted until golden brown along with roasted new potatoes, butternut squash and chantenay carrots. Or why not try it with pan fried scallops and crispy bacon.