



Garden Pea Soup mint, toasted sour dough, poached hen egg

Nothing says summer to me like peas, lovely fresh peas from the pod, there's nothing better, this soup recipe can be served either hot or chilled (if serving cold do not add the butter) to make the soup lighter feel free to remove the potato.

- 1 small onion, sliced
- 1 clove of garlic
- 10ml of rape seed oil
- 25g butter
- Salt
- 1 medium mashing potatoes, peeled & diced (about 100g)
- 500ml water
- sprig of marjoram
- 300g frozen peas
- 50g spinach, sprig of mint,

1. In a preheated wide based pan sweat the onion & garlic in the oil & butter with a good pinch of salt until soft, no colour, 5-10 minutes
2. Wash then dice the potatoes into a small dice, add to the pan, sweat until the starch comes out, no colour, 5-10 minutes
3. Add the water bring to the simmer, cover, allow to stand for 20 minutes,
4. Check the potatoes are soft, if so, bring back to the boil, add the frozen peas and the mint, blend in a liquidiser, pass through a fine mesh sieve, reserve the pulp
5. Adjust seasoning, cool rapidly over ice and reserve for later use

To Finish

- Sliced sour dough,
- Hens egg
- White wine vinegar
- Rapeseed oil
- Fresh peas from the pods, 3 or per portion,
- Few pea shoots for garnish
- 2 or 3 chopped mint leaves
- Salt & pepper

1. Dice the sour dough into small cubes, in a preheated non-stick pan fry the sour dough in the a little rapeseed oil until gold brown, drain on some kitchen tissue
2. Bring a large sauce pan of water to the boil with a splash of vinegar, 1 by 1 crack the eggs into the simmering water, hold the water just below simmering, skim the scum away, poach the eggs for 2 minutes, then remove, onto tissues or kitchen towel to remove the excess water.
3. Place a spoon of the pea pulp into the middle a bowl, place the chopped mint on top, then add the egg, pour the soup in, add the crouton, and season with a little salt & pepper, add a little drizzle of rapeseed oil.

