

Shell Peas

Peas – sweet & delectable, throw in salads, soups, & pastas. Freeze some for the winter! Just like the name implies, get the peas out of the shells. After shelling, you can boil, steam them, or add them to a skillet full of veggies. The less time they are cooked the sweeter they will be. They are a great vessel for butter and salt, or a sprinkle of soy sauce. They taste great added to a salad or pasta. Shell peas freeze great. Steam or boil in a bit of water. Serve with butter, sea salt and parsley. Add them to stir fries, pastas or salads. I love sitting on my deck and shelling peas. I think this veggie is great because it forces me to sit down for a while to drink in summer before I enjoy my meal. I read that 95% of the Peas grown in the US are canned or frozen! YAY for you for being in the 5% who get to eat freshies!

Peas & Carrot Salad

2TBS Butter, Carrots chopped small

16oz Peas

Salt n' Pepper

Basil Leaves chopped

Melt the butter in the sauté pan over medium heat. Add the carrots & sauté until they are tender. Add the peas & salt n' pepper to taste & sauté until cooked though. Stir in the chopped basil before serving.



Fresh Fettuccine with Butter Peas and Sage Sauce

½ c. Cosmic butter

12 fresh sage leaves

1 c. shelled peas

Salt and Pepper to taste

1 lb. Fettuccine (preferably fresh)

1 ½ c. grated Parmesan

Preheat the oven to 325 degrees. Over med. heat, melt 1/4 c. of the butter in a small saucepan. Add the sage and cook until crisp. When the butter begins to brown, add the peas and cook, stirring, for 1 minute. Add 1/4 c. water, cover the saucepan and reduce the heat to low. Cook for 10 min. Season with salt and pepper to taste. ~Bring a large pot of salted water to a boil. Cook the fettuccine until al dente, drain well and toss with the remaining butter, 1 c. of the grated Parmesan and the pea-and-sage mixture. Transfer to an ovenproof dish and place in the oven for 5 minutes. Sprinkle with the remaining Parmesan.

Simple, Perfect Peas with Butter and Salt

Bring a saucepan of water to a boil. While the water is heating, remove the peas from their pods and place in a bowl. When the water reaches a boil, add some salt and the peas. You are just going to cook them for a very short time. Don't leave the stove. Somewhere between ten and thirty seconds. You want them just barely tender, so they still pop in your mouth, no mushy overcooked peas please. Quickly drain. Return the peas to a bowl with a dollop of butter and a sprinkling of salt.

Peas with Prosciutto

2-3 cups fresh shelled peas

2 slices good ham, such as Prosciutto, Serrano or Cosmic Ham, thinly sliced

¼ white onion, finely chopped

1-2 cloves minced garlic

2 tablespoons butter

¼ cup stock, water or wine

Salt and pepper to taste

Heat butter in a medium skillet; sauté garlic, onion and ham til onion wilts and begins to turn golden brown. De-glaze with the stock, white wine or water, then add the peas, cover, and simmer til tender, about 6-7 minutes. Season with salt and pepper to taste. Other nice additions to this lovely dish might be a sprinkle of fresh herbs, grated Parm or toasted almonds...

Peas and Rice

1 cup fresh English shell peas

½ onion, finely chopped

2 cups Basmati or Jasmine Rice

2 Tablespoons butter

4 cups chicken stock salt and pepper to taste

1 handful chopped fresh herbs slivered toasted almonds

In a large skillet, sauté the onion and rice until golden brown, add peas, stock, herbs, salt and pepper. Bring to a boil, reduce heat, cover and cook 20-25 minutes until rice is done. Fluff with a fork and garnish with almond slivers.

Fresh Cream of Pea Soup Chris Pennick wrote: My best friend Jasmine was amazed the other night at the deliciousness and delicacy of fresh shelled peas. I'm going to whip up a lactose-free version of this for her.

2-3 cups fresh shelled peas

2 tablespoons butter, ghee or olive oil

½ cup finely chopped white onion

2-3 cloves minced fresh baby garlic

2 tablespoons chopped fresh herbs

Grated peel of half a lemon

Salt and pepper to taste

2 cups water, stock or broth

1 cup cream, half and half, whole milk or a milk substitute like soy, rice, coconut or almond milk

2 tablespoons dry sherry

Finely minced dill, for garnish

Saute the onion and garlic in the oil or butter just until wilted. Add the sherry, herbs and seasonings. Add the stock, broth, or water, the peas and add salt and pepper to taste. Reduce heat to a simmer, cover and cook gently for 15-20 minutes until peas are very tender and can easily be mashed with a fork. Remove from heat, allow to cool and puree. Put back on low heat, stir in your cream or milk, and reheat.