

Pea and Lettuce Soup – Past Mistress Pattenmaker Eileen Eskenzi

EQUIPMENT:- Liquidiser or Stick Blender

INGREDIENTS:- (Serves approximately 4 people)

1 knob of butter

1 large onion - diced

1 leek - washed and diced

2 cloves garlic - peeled

1 pint water

500g frozen peas - defrosted

1/2 Iceberg or Cos lettuce

1 Knorr Vegetable cube

A few grinds of pepper and a scraping of nutmeg

1 cup preferably full cream milk or semi-skimmed milk

METHOD:-

In a saucepan melt the butter and sweat the onion, leek and garlic for one minute. Pour in the water and bring to the boil. Add the peas, lettuce, Knorr cube, pepper and scraping of nutmeg. Give the contents in the saucepan a stir, turn down the heat, cover saucepan with a lid and simmer for 5-7 minutes - no longer.

Add the milk and liquidise the soup till smooth. Taste and adjust flavour if necessary with more pepper and a pinch of salt to suit your palate.

Reheat and stir for merely a minute, no more or you will destroy that vibrant green colour! Serve piping hot.

DECORATE:- with a sprig of parsley, coriander or basil.

SERVE:- with croutons, a few 'roasted', flaked almonds and a swirl of cream if desired

TO 'ROAST' FLAKED ALMONDS:- Place the almonds in a dry, very hot frying pan. Shake the pan constantly until almonds become crispy and golden brown - approximately one minute.

They burn easily and then taste revolting!

Enjoy!