



Allotment Gardening In North Essex -- At Home In The Kitchen

Green Pea Soup

Ingredients: 4 portions

450g 1lb mange tout
50g 2oz bacon scraps
whole onion
whole carrot
1 litre 2pts of stock
50g 2oz butter or margarine
50g 2oz flour
Salt and pepper to taste

Method:

1. Collect all ingredients together
2. Wash and trim peas, carrot and onion
3. Melt butter in a large pan
4. Add flour and cook for a few minutes without any colour and allow to cool
5. Gradually add the stock a little at a time to stop it going lumpy.
6. Add the peas, whole carrot, whole onion and whole bacon.
7. Season and allow to cook gently for approx 1 hour.
8. Remove the carrot, onion and bacon from the soup.
9. Liquidise the rest of the soup.
10. Pass through a sieve to remove any string from the peas
11. Bring back to the boil correct seasoning and consistency.
12. Serve