

Recipe No. 20/2013

Pea Puree

An all-time favourite used by many chefs, top restaurants and hotels. A lovely accompaniment for fish and chips or served with grilled fish or steak on a "bed" of pea puree.

Serves: 6

Preparation time: 4 minutes

Cooking time: 10 minutes

Ingredients

500g water
250g peas, frozen or fresh
80g butter
50g cream
seasoning to taste
grated nutmeg (optional)

Method

- Place water in TM bowl. Insert TM basket. Weigh peas into basket and steam **10 mins/Varoma/speed 1**. Drain water and tip peas into TM bowl.
- Add butter, cream and seasoning. Turning dial slowly, puree **30 secs/speed 10** or until desired consistency is achieved.

Chef's tips:

- Replace peas with any other vegetables, carrot and parsnip combined makes a tasty puree.
- Increase steaming time for root vegetables. Refer to Varoma book for times.



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