

Recipe No. 11/2014

Raw Green Pea and Mint Soup

Taken from Fiona Hoskin's "Devil of a Cookbook", this recipe is especially special to us as Fiona is currently in South Africa and has kindly agreed to do a Chef's class both in Cape Town and Johannesburg – see details below. Fiona will be sharing her knowledge on the cooking side as well as her love of the Thermomix. Fiona has also worked with Tetsuya Wakuda.

The green soup is also perfect to serve on St Patricks Day to celebrate the green of the Irish

Ingredients

400g frozen baby peas
2 sprigs mint, leaves only
1 tsp TM vegetable stock concentrate
400g boiling water
Sea salt to taste
Black pepper to taste
Spring onions/shallots, finely sliced or mint leaves to garnish
Extra Virgin Olive Oil (EVOO) to garnish

Method

- Place peas and mint into mixing bowl and blend for **30 sec/speed 9**.
- Add stock and water and heat for **1 min/70°C/speed 3**. This soup will reach **50-60°C** in that time so peas are still raw but soup is a nice temperature to drink (see Cook's notes). Heat for an extra **1 min/70°C/speed 1** if a hotter soup is desired.
- Season, garnish with spring onions/shallots or mint and drizzle with EVOO.

Cook's notes

- You can lower the cooking temperature to 37°C if you prefer a cooler raw soup. This soup is equally good served warm or cold.

A word from Fiona:

"I love pea soup but am not a fan of the faded colour as it cooks. I wanted my pea soup to appeal to the eye and retain the rich emerald green of fresh raw peas, and so the idea of serving the soup 'uncooked' unfolded. I couldn't get the texture smooth enough though and had to painstakingly push it through a fine sieve – until I had a Thermomix that is!"

Bookings for Fiona's class and copies of her book, please contact Caron on 011 974 1171 or email caron@sathermomix.co.za



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