



## Spring Pea Soup with Mint Oil

Yield: 4 Servings

This soup can be made with fresh peas in late spring through early summer or frozen peas year round. It is creamy on its own, but the addition of sour cream or crème fraiche adds additional richness and texture. The addition of mint oil adds a unique freshness to the soup. Vegetable stock can be used in place of chicken stock.

### Ingredients

1 tablespoon butter  
1 tablespoon olive oil  
1 leek, cleaned and chopped\*  
1 shallot, chopped  
2C chicken stock  
2 ½C fresh shelled peas or 12oz frozen peas, thawed  
½ teaspoon salt  
½ teaspoon fresh ground pepper  
Sour Cream or Crème Fraiche  
Mint Oil  
Mint Leaves

2 bunches mint  
1C neutral flavored oil such as canola or safflower

### Mint Oil

To make the mint oil, remove the stems from the mint and chop finely. Stir into a pot with the oil and turn the heat to low. When the oil begins to sizzle, continue to cook for two minutes. Remove from the heat and allow to cool uncovered and then steep covered for twelve hours. Strain through a coffee filter into a container. Store in the refrigerator for up to one week.

### Soup

Heat the butter and olive oil in a pan over medium heat. When the oil is hot, add the leek and shallot, and sweat until translucent. Add the chicken stock and bring to a boil. Next, add the peas and cook until just tender, around three to five minutes. Stir in the salt and pepper and allow to cool slightly. Blend the soup in batches until smooth. Strain if desired. Return the soup to a clean pot and taste for salt and pepper. If soup is too thick, it can be thinned with additional chicken stock. Heat soup and serve with a dollop of sour cream or crème fraiche and a drizzle of mint oil. Garnish with a mint leaf.

\*When cooking with leeks, use only the white and very light green portions. After chopping, rinse in a strainer to remove all traces of dirt.

**Recipe by David Musial**

