

Season: spring
From the garden: broad beans, peas, mint, onions
Type: side dish
Difficulty: easy
Country of Origin: France
Serves: 6 or 20-24 tastes



Equipment

- saucepan
- colander or sieve
- heavy based sauté pan or casserole with a lid
- chopping board
- cook's knife
- serving dish

Ingredients

- 4 cups fresh podded broad beans
- 2 cups fresh podded peas
- 1 large brown onion
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- ¼ cup chicken or vegetable stock
- sea salt and freshly ground pepper
- small handful of mint leaves
- ½ lemon

How to make it

1. Bring a pot of water to the boil and blanch the broad beans just until the water comes back to the boil. Scoop them out with a big slotted spoon, drain and refresh the beans in cold water. This halts the cooking process.
2. Peel off the greyish outer skin – this is easily done by pinching the round end and popping out the two bright green beans in side. *NB: The very smallest beans do not need to be peeled. The skins can go in the compost bin.*



SPRING VEGETABLE STEW

3. In the same pot of water, blanch the peas until just tender and bright green. Refresh in cold water and drain well.
4. Peel the onion, cut in half and lay the cut sides down. Slice finely.
5. Heat the oil and butter in the pan over a gentle heat. Add the onion and sauté gently for a few minutes until it starts to soften, without allowing the onion to brown. Add the broad beans and peas and a little of the chicken or vegetable stock, cover, and cook gently until heated through, stirring from time to time, adding more stock if required.
6. Roll up the mint leaves and slice finely. Add to the stew and then season with salt and pepper. Serve hot or at room temperature with any juices remaining and garnish with a drizzle of olive oil and a squeeze of lemon.

Notes:

This dish can also be made using frozen broad beans and peas. The recipe remains the same.

It is good served with grilled French bread or ciabatta that has been brushed with olive oil and rubbed with garlic.

Skills

podding, blanching, chopping, slicing, sautéing

Glossary

To blanch: to plunge vegetables and fruits into boiling water briefly, then transfer to ice cold water to stop the cooking process. The purpose is to

1/ loosen the skin so it can be peeled easily – e.g. tomatoes OR

2/ to enhance and set the colour e.g. beans

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