



## Pea Puree (H&F)

### *Ingredients*

- 1820g x Birds Eye Frozen Pease (Defrosted)
- 125g x Butter
- 3 x Shallots Diced
- 2tsp x Malden Salt
- 500ml x Chicken Stock → Boiling
- 20g x Fresh Mint
- 100g x Sugar

### *Methods*

- 1) Sweat the shallots down in the butter and salt
- 2) Add the peas and sugar
- 3) Pour on the chicken stock
- 4) Boil and blend using only a little stock
- 5) Season



Demeyere Atlantis Saucier

During the Demeyere demo evening at Art of Living on May 4<sup>th</sup> Tom made his delicious Pea and Mint Risotto using the Demeyere Atlantis Saucier - to find out more about this product click [here](#) to visit Art of Living website