

Fresh Pea and Mint Soup

Bon Appétit | April 2010

by Sisi and Wil Carroll

In this pretty soup, sweet fresh peas are enhanced with a bit of mint.

Yield: Makes 10 servings

ingredients

2 tablespoons olive oil

1 2/3 cups chopped shallots (about 6 very large)

2 garlic cloves, minced

8 cups shelled fresh peas (from about 5 pounds peas in pods) or two 16-ounce bags frozen petite peas, unthawed

5 1/2 cups (or more) low-salt chicken broth (preferably organic)

1/4 cup chopped fresh mint plus additional for garnish

preparation

Heat oil in heavy large pot over medium heat. Add shallots and garlic. Sauté until tender, about 7 minutes. Add peas and stir 1 minute. Add 5 1/2 cups broth and bring to simmer. Cook until peas are very tender, about 8 minutes. Cool 15 minutes. Puree soup and 1/4 cup chopped mint in batches in blender until smooth. Return to same pot; thin with more broth by 1/4 cupfuls, if desired. *DO AHEAD: Can be made 1 day ahead. Cool, cover, and chill.*

Rewarm soup over medium-low heat. Season to taste with salt and pepper. Ladle into bowls; garnish with additional mint.

What to drink:

A bottle of bubbly is the perfect way to begin this special meal. It's also a great pairing for the soup. We like the crisp acidity and long finish of the Champagne Henriot NV Brut Souverain (\$35, France).

nutritional information

Per serving: 132.4 kcal calories, 21.1 % calories from fat, 3.1 g fat, 0.7 g saturated fat, 2.8 mg cholesterol, 17.8 g carbohydrates, 4.2 g dietary fiber, 6.2 g total sugars, 13.6 g net carbohydrates, 7.1 g protein

Nutritional analysis provided by Bon Appétit

Read More <http://www.epicurious.com/recipes/food/printerfriendly/Fresh-Pea-and-Mint-Soup-358197#ixzz0jaHu0Nf0>