

This rich and fragrant fresh green pea and leek soup is a refreshing taste of spring. Available spring through early summer, farm fresh English peas are optimum, but flash-frozen freshly harvested peas are great for the-off-season. Blended with fresh mint and thyme, unsweetened coconut milk thickens and adds a silky-smooth texture. Serve chilled on a warm day or piping hot on a chilly night.

A Taste of Spring

ENGLISH PEA + LEEK SOUP

INGREDIENTS

1 tbsp/15 ml olive oil
1 large yellow onion, sliced or sweet Vidalia when available
2 leeks, cut in half lengthwise, roots and dark green removed
2 whole cloves garlic, peeled
3 lbs/1.36 kg fresh English peas
3 cups/700 ml vegetable stock - reserve 1 cup/250 ml of the stock for the puree step
1 can 15 oz/425 ml unsweetened full-fat coconut milk
1 tbsp/15 ml fresh thyme, chopped
¼ cup/60 ml mint leaves, torn
Salt, to taste
Ground pepper, to taste
Garnish with fresh pea shoots

METHOD:

In a large saucepan, heat the olive oil over low heat. Clean and slice the white and light green portions of the leeks. Add the sliced onions and leeks and sauté until golden brown. Add the English peas and garlic and cook until the mixture begins to stick to the pan. Add 1/2 cup/125 ml of stock at a time to achieve concentrated, robust flavors and reduce by half before adding more stock. This process takes time and patience, but the results are worth it. Repeat the process until the peas are soft and the mixture is thick. Add chopped thyme and torn mint leaves.

Carefully pour the hot soup mixture into the blender bowl. Add the reserved 1 cup/250 ml of stock. Puree on high until the mixture is smooth and creamy.

Add the coconut cream. Pulse to blend; be careful not to overmix. Return the soup to the saucepan and reheat over low heat. Adjust seasoning with salt and pepper to taste. Serve chilled or hot and garnish with fresh pea shoots.