



Peas with Lettuce and Fresh Mint

NIBBLEDISH CONTRIBUTOR

Ingredients

2 Tablespoons unsalted butter

4 cups shelled peas

1/4 cup sliced scallion

1 carrot, thinly sliced

Juice of one lemon

1/4 cup chicken stock

1 teaspoon sugar

1 small head of tender lettuce (Boston is good) sliced into chiffonade

Salt and pepper

Chopped fresh mint

Instructions

I taught this class last night at the Kitchen Conservatory, a wonderful cookware store in St Louis. The menu included Pine nut Encrusted Salmon with Fresh basil, Potatoes Dauphinois and Clafouti. The peas were also part of the class here is the recipe

In a sauce pan, melt the butter and saute the carrots until they begin to soften, add the

sugar and caramelize slightly.

Add the chicken stock, lemon juice, salt, and pepper-bring to the boil.

Add the peas and cook until tender, add the lettuce chiffonade and continue to cook until the lettuce wilts.

Remove from the heat and top with chopped fresh mint.