

*Diamond Resorts International & the Historic Powhatan Resort
Presents*

The Kitchen at Powhatan

Featuring

Chef "Gus" Lutz

****Chilled Minted Pea Soup Recipe****

If you grow English peas, the common green peas in a pod or if your local farmer's market sells them, use them for this light easy soup. If not, frozen peas will work well. Shelling fresh peas is a pleasant pastime and a way to get in touch with the goodness of fresh vegetables.

Ingredients:

2 tablespoons olive oil

4 to 5 scallions, white and green parts finely chopped

4 cups shelled fresh peas or frozen peas (20 ounces)

¼ cup coarsely chopped fresh mint leaves

6 cups chicken or vegetable stock (preferably homemade)

Salt and freshly ground black pepper

½ cup half and half

2 tablespoons

Method:

1. In a large pot, heat the olive oil over medium-high heat. Add the scallions and cook, stirring for 1 to 2 minutes until softened. Add the peas and mint leaves and cook, stirring for about 5 minutes until softened and fragrant. Add the stock and bring to a boil over high heat. Reduce the heat and simmer for 15 to 20 minutes. Season to taste with salt and pepper. Let the soup cool to room temperature.
2. Transfer the soup in batches to a food processor or blender and process until smooth. Strain through a sieve into a pot, pushing hard with the back of a spoon to extract as much liquid as possible. Alternatively, puree the soup using a food mill. Discard the solids.
3. Stir in the half and half, adjust the seasonings, cover and refrigerate for at least 2 hours until chilled.
4. Stir well before ladling into chilled bowls. Garnish each serving with minced mint leaves for garnish.

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