

Sweet Pea Soup

Source: Cooks Illustrated

Modified By: Michael D'Attilo, Heather Hayden

Yield: about 6 1/2 cups (4 to 6 servings)

Ingredients

Remove the peas from the freezer just before starting the soup so that when you are ready to process them, as the stock simmers, they will be only partially thawed. To preserve its delicate flavor and color, this soup is best served immediately.

4 tbsp unsalted butter

8 medium shallots, minced (about 5 oz or 1 cup)

OR 1 medium leek, washed, white and light green parts chopped fine (about 1 1/2 cups)

2 tbsp unbleached all-purpose flour

3 1/2 cups canned low-sodium chicken broth

1 1/2 lb frozen peas, partially thawed at room temperature for 10 minutes (about 4 1/2 cups)

OR 4 1/2 cups FRESH peas, picked that day

12 small leaves Boston lettuce from 1 small head, leaves washed and dried (about 3oz)

1/2 cup heavy cream

Table salt and ground black pepper

Directions

Heat butter in large saucepan over low heat until foaming; add shallots or leek and cook, covered, until softened, 8 to 10 minutes, stirring occasionally. Add flour and cook, stirring constantly, until thoroughly combined, about 30 seconds. Stirring constantly, gradually add chicken broth. Increase heat to high and bring to boil; reduce heat to medium-low and simmer 3 to 5 minutes.

Meanwhile, in the work bowl of a food processor fitted with a steel blade, process peas until coarsely chopped, about 20 seconds. Add peas and lettuce to simmering broth. Increase heat to medium-high, cover, and return to simmer; simmer 3 minutes. Uncover, reduce heat to medium-low, and continue to simmer 2 minutes longer.

Working in 2 batches, puree soup in blender until smooth; strain into large bowl. Rinse out and wipe saucepan; return pureed mixture to saucepan and stir in cream. Heat mixture over low heat until hot, about 3 minutes. Season to taste with salt and pepper; serve immediately.

