



## MONTHLY RECIPE - JUNE 2016

### Chilled pea & mint soup, pickled white crab



#### Ingredients

Unsalted butter  
1 medium onion, chopped  
500ml vegetable broth  
500g frozen peas, thawed  
10g fresh flat-leaf parsley leaves  
10 fresh mint leaves  
Maldon salt, freshly ground pepper  
50g crème fraiche or sour cream  
2 tablespoons double cream  
Chopped fresh chives (for serving)

#### Method

##### Crab

For the crab meat, best buying fresh from a fishmonger, one that has been picked by them with all the shell removed, just season with salt & pepper and chill.

##### Soup

Melt the butter, lightly cook the onion and season with salt & pepper.  
Add the veg stock, bring to the boil & add the peas and cook for 5 minutes.  
Leave to cool for 5/10 minutes and then blitz in a food processor for 5 minutes on full, along with the parsley & mint. After, season again and chill in fridge for 24 hours.  
To serve, pour into 4 chilled bowls, top with sour cream, chives & the crab meat.

**Enjoy!**