

Pea and Lardon Velouté



This is a really tasty soup and with peas, lardons and potatoes it really is a meal in itself. The only little hitch is that it is preferable to pass the soup through a mouli before serving to remove any pea skins and bits of lardon and to make sure you get a nice creamy smooth texture.

So it does add a little bit of extra work but it is worth it ☐
And a mouli is a handy kitchen utensil for making really nice purées

Ingredients :

- 500g frozen peas
- 6 potatoes
- 2 onions
- 250g smoked lardons

- 50g butter
- Salt
- Pepper
- Chicken Stock

Method :

1. Measure out peas and allow to defrost
2. Peel and chop potatoes and onions
3. In a large saucepan melt the butter and add the onions, peas, chopped potatoes and lardons and cook over a medium heat for 5 minutes stirring all the time
4. Season with salt and pepper and add chicken stock until all ingredients are covered
5. Cook for 25 minutes and then blend the soup to remove as many bits as possible and then pass it through a mouli to get a smooth velouté



A Mouli