Chilled Sugar Snap Pea Soup

Jacob · 30/09/2024



Prep Time

3 hrs

Dificult

Medium

Servings

3 hrs 30 mins

Description

Were doing this classic cold spring soup and instead of using English peas were using sugar snaps which are going to save you a lot of shelling time This is an incredibly easy soup to make beautiful to look at and most important of all incredibly delicious

Ingredients

— - 1 tablespoon olive oil - 1 cup leeks - halved lengthwise and chopped - 1 pinch salt - 4 cups chicken broth - ground black pepper to taste - 1 pinch cayenne pepper

— or to taste - 1 pound sugar snap peas

— ends and strings removed - 2 fresh mint leaves - 1 tablespoon creme fraiche - 2 fresh mint leaves

— cut into very fine strips

Instructions

1. Pour olive oil into a large pot
2. set over medium heat
3. and add leeks to hot oil. Season leeks with a pinch of salt. Cook
4. stirring often
5. until leeks are soft
6. 5 to 6 minutes. Pour chicken broth into leeks; bring to a boil. Season with black pepper and cayenne pepper. Stir peas into boiling broth mixture and add 2 mint leaves. Bring back to a boil and cook until peas are bright green and have started to soften
7. 5 to 6 minutes. Turn off heat; use a slotted spoon to transfer vegetables into a large blender
8. leaving liquid in pot. Pour half the liquid from the pot into the blender
9. place a folded towel on the blender lid
10. and pulse a few times to chop vegetables. Blend at high speed to puree vegetables. Add remaining liquid from pot to blender and liquefy the soup until smooth. Pour soup from blender into a fine mesh strainer set over a bowl and use a spatula to push soup through the strainer
11. leaving the tough fibrous material behind. Cool soup to room temperature
12. cover with plastic wrap
13. and refrigerate until thoroughly chilled
14. about 3 hours. Season cold soup with salt and adjust cayenne pepper. Ladle soup into a serving bowl. Spoon creme fraiche into a plastic squeeze bottle and squeeze the creme fraiche over the top of the soup in a loose spiral. Use a skewer to pull the spiral into flower petal shapes
15. starting from the middle and quickly pulling the skewer through the creme to make pointed petal shapes. Serve garnished with strips of fresh mint. Cook's Note: If you're not going to use creme fraiche or sour cream for garnish
16. I highly suggest you squeeze a little bit of lemon juice into the soup.