

Purées 3 Ways

Chef Christie Massé

Saturday, January 19th, 2019

Sweet Pea Soup with Basil & Chèvre “Crème Fraiche”

Ingredients:

1.5	kg	organic frozen peas
2	tbsp	organic olive oil
2-3	med	organic white onions, sliced
1	bnch	fresh organic basil, roughly chopped
250	ml	local chèvre
250	ml	local organic 35% cream
1		organic lemon, juiced
		kosher salt & cracked pepper, to taste
		basil chiffonade for garnish *optional

Method:

1) Place entire bag of frozen peas in large pot, cover with 1 inch of water, and bring to a boil stirring occasionally. Boil for 5-7 minutes and remove from heat. Set aside.

2) Heat olive oil in large skillet over medium heat. Add sliced onion and season to taste with salt & pepper. Sauté or “sweat” until soft and translucent. Set aside.

*often our instinct is to bring onion to point of caramelization for depth of flavor, but this particular recipe lends itself better to the strength of the sweated onion flavor vs. the sweetness of a caramelized onion. Due to the minimal ingredients the added pungency is needed.

3) Stir chopped basil into pot of peas.

4) In batches, ladle peas with some boiling water and spoon a portion of onion into blender. Blend until very smooth and pour into clean pot or bowl. Repeat until all peas and onions are blended, adjusting water for desired consistency. Add water or vegetable broth if needed. Season to taste with salt & pepper.

5) In bowl of mixer with whisk attachment, whip chèvre until light and fluffy. While mixing, add lemon juice, salt & pepper to taste. With mixer on medium speed, add cream in a steady stream. Mix on high until cheese is lightly whipped.

6) Serve soup hot or cold with dollop of faux crème fraiche & garnish with additional basil chiffonade if desired. Portion and freeze extra soup for future enjoyment!

Pea Shoot Risotto with Local Bison Sausage

Ingredients:

2	tbsp	organic olive oil
2	lbs	arborio rice
2	med	organic white onions, small dice
1	C	local dry white wine
2	L	organic or homemade chicken broth
1	C	freshly grated parmesan cheese
2	C	thick pea purée from previous recipe
		remaining “crème fraiche” from previous recipe
1	clam shell	local organic pea shoots, trimmed from clam
1	pkg	local bison sausage, roasted, rested and sliced on a bias
		kosher salt & cracked pepper, to taste

Method:

- 1) Heat olive oil over medium high heat in large pot. Add arborio and toast slightly. Add onion and sauté until translucent. Season to taste with salt & pepper.
- 2) Deglaze pot with wine. Add enough broth to just cover rice and turn heat to medium low. Lightly simmer and stir often adding more broth just to cover as needed. Periodically stir and add broth just to cover until rice is cooked al dente. Stir in grated parmesan cheese.
- 3) Fold in reserved thick pea purée until well combined. Fold in remaining “crème fraiche” until well combined. Fold in trimmed pea shoots and season to taste with salt & pepper.
- 4) Portion risotto and top with sliced bison sausage. Portion and freeze remaining risotto for future enjoyment!

Blueberry Apple Butter Stuffed Lemon Pound Cakes

Ingredients:

2	tbsp	organic butter
5-6		local organic Macintosh apples, skin on, small dice
2	lbs	organic blueberries, fresh or frozen
1 2/3	C	Arva Flour Mills pastry flour
1/2	tsp	kosher salt
1	C	organic butter, softened
1 1/2	C	fine organic cane sugar
5		local free-range eggs
1 1/2	tsp	vanilla extract
1		organic lemon, zested

Method:

- 1) In a large pot or sauté pan, melt 2 tbsp butter over medium heat. Add diced apple and blueberries. Cook down stirring occasionally until apples and berries are completely broken down and mixture is thick. Set aside to cool. Once cooled purée using immersion blender. Set aside.
- 2) Preheat oven to 325°F. Line mini muffin pan with liners.
- 3) In bowl of stand mixer using whisk attachment, cream softened butter and sugar until light and fluffy. With mixer on low, add eggs one at a time to butter and sugar. Add vanilla and lemon zest. Mix on high for 2 minutes until light and fluffy again. Sift in flour and salt and mix until combined. Portion into mini muffin liners using small ice cream scoop with release mechanism.
- 4) Spoon blueberry apple butter into piping bag and pipe a dollop of butter into the centre of each cake. Bake for 15 to 20 minutes. Let cool completely and enjoy!