

ON THE MENU

What's Cookin': Tips to making great soup

Time to plant the peas! Okay, maybe it's a bit past the time to plant the peas, but better late than never? (Can you tell I'm not the gardener in my house?)

If I remember correctly, peas are one of the first things to be planted in our garden and one of the first things to be harvested. So, by my calculations, that means it shouldn't be too long before you can make this soup with fresh peas.

You can make this very same soup with asparagus, leeks or fiddleheads too or some combination of the above.

A suggestion for leeks though—they are very, very dirty, especially if you grew them yourself. So, I would suggest that you trim the root ends and run them under water to remove the surface dirt. Then, slice them length-

Lori Gysel & Gerry Kentner



wise, rinse again and then cut them into small pieces and put them in the sink again to soak and let all of the dirt wash away. There is nothing quite like having a lovely bowl of soup in front of you, then getting a bit of grit in your mouth—really turns you off.

Also, if you are using frozen peas, spend the money and buy the lovely little sweet ones. The great big golf ball sized peas (ok, I exaggerate a bit) are floury and tasteless—they will bring nothing to your bowl of soup.

Have fun and keep cooking!

Sweet Pea Soup

Serves 4-6

Ingredients

- 1/4 cup unsalted butter
- 1 cup thinly sliced leeks, white parts only
- 1/4 cup flour
- 6 cups chicken or vegetable broth
- 6 cups fresh or frozen baby sweet peas
- 1/3 cup 35% cream
- salt and pepper to taste
- sour cream and pea shoots to garnish



cook until soft.

2. Add flour, whisking constantly and cook for 2 minutes or until flour has very slightly browned.

3. Whisk in stock, and continue whisking until soup comes to a boil.

4. Reduce heat, add peas and simmer for 10-15 minutes. Remove from heat. Purée soup.

5. Add cream and taste for salt and pepper.

6. Garnish individual

servings with sour cream and pea shoots.

***Chef's Note:** This soup can be served warm or cold. Looks fantastic presented in glass dishes.*

Method

1. In a medium saucepan, melt butter over medium heat. Add leeks and

Fundraiser Dance

Come out for a night of fun to raise funds for our local Bread Basket!

SATURDAY MAY 25TH

**8:00 pm to 1:00 am at the Gellert Centre
with The Big Wiggle Band**

For ticket information contact the

Georgetown Bread Basket

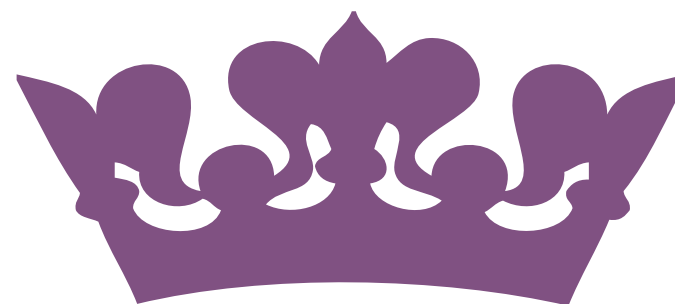
TICKETS ONLY \$20!



55 Sinclair Ave., Unit 12 905-873-3368

Hours: Saturday 8:30 am - 12 noon, Tuesday 5:00 pm - 7 pm, Wednesday - 8:30 am - 12 noon

**Live Music!
Cash Bar!
Pizza Served
at 11!**



SHOP & DINE LIKE A QUEEN

**Victoria Day
Monday, May 20
11am - 6pm**

SHOP

BCBGMAXAZRIA / Browns / Express
Forever XXI / Hollister / Joe Fresh
+ Over 300 More!

DINE

The Keg
Pickle Barrel
Moxie's
Spring Rolls
Caffé Demetre
and more!

JOIN

BBCFASHIONICITY.COM to receive
perks, prizes & privileges!

BCC
BRAMALEA CITY CENTRE

2 lights East of 410 on
Queen St., Brampton
BramaleaCityCentre.com

