

Fresh Peas with Basil and Mint

serves 4

1/2 lb sugar snap peas – stem ends trimmed and cut in half on the diagonal
3 cups shelled fresh peas
1 tablespoon sea salt for the blanching water
1/4 cup olive oil
6 large garlic cloves – skinned and finely sliced
16 large basil leaves – torn in 1” pieces
12 large mint leaves – torn in 1” pieces
1 teaspoon sea salt to taste
freshly ground pepper to taste

Step 1: Fill a large bowl with cold water and several ice cubes.

Step 2: Fill a large heavy-bottomed soup pot with water and bring to a boil. Add the salt and blanch the sweet peas for 2 minutes until tender, but still crunchy. Drain and transfer to the ice water bath until cool. Drain on paper towels and set aside. Repeat with the sugar snap peas.

Step 3: Heat a large non-stick skillet over medium-high heat. Add the olive oil, garlic, basil and mint and sauté for 2 minutes until herbs are wilted and garlic pale golden. Add the peas toss well and sauté for an additional 1 minute until warmed through. Add the salt and pepper, toss again and remove from heat. Transfer to a bowl. Serve warm as a side vegetable or room temperature as an antipasti.

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