



English pea salad

Recipe yields 4-6

- 2-2 ½ lbs. fresh English peas (2 c. shelled)
- 3 t. red wine vinegar
- ¼ c. minced shallots (1 large)
- ¼ c. extra virgin olive oil
- ½ c. diced tomato (1 medium)
- ¼ c. loosely packed, minced fresh mint leaves
- 4 oz. pecorino toscano cheese, diced into ¼ in. cubes
- Salt and freshly ground pepper to taste

Remove the English peas from the pods by breaking open each pod and dislodging the beans.

In a 6-quart stockpot, bring 3 quarts of water to a boil. Drop the peas in the water and cook for 2-3 minutes. Drain the peas and run under cold water to stop the cooking. Once the peas are cool, peel the outer skin from each bean. Cover and chill.

In a medium mixing bowl, combine the red wine vinegar and shallots. Whisking consistently, slowly drizzle in the olive oil until the mixture is emulsified. Add the tomato, mint, cheese, and chilled English peas. Season with salt and pepper. Toss well to combine then serve on chilled plates.