

Lettuce, Pea and Mint Soup

Equipment: Salad Spinner Chopping board Sharp knife Large saucepan Wooden spoon Measuring jug Blender	Ingredients: Large, round lettuce about 400g Thick slice of butter 2 shallots 500 g of peas 3 litres of stock – chicken or vegetable 3 bushy sprigs mint
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What to do:

1. Separate the lettuce leaves and stalks, and wash thoroughly. Any grit will ruin the soup.
2. Melt the butter in a deep saucepan over a low to moderate heat. Peel the shallots and slice them thinly, then let them soften in the butter. When they are tender but have yet to colour, chop the lettuce up a bit and stir it into the butter.
3. As soon as the lettuce has wilted, tip in the peas, the stock and the mint leaves and bring to the boil. Turn the heat down, season with salt and black pepper, and leave to simmer for no longer than 7 to 10 minutes.
4. Remove the pan from the heat and blend the soup till smooth in a liquidizer. Check the seasoning then serve hot.