

Recipe

Minted' Pea Pistu Relish

Ingredients

8 oz fresh English peas

1/4 cup mint leaves, chopped fine

1/4 cup basil leaves, chopped fine

1 large clove garlic, minced

1/4 cup extra virgin olive oil

1 tsp. sea salt or kosher salt

1/4 tsp. ground black pepper

Directions

- Bring 1 qt. of water to a boil in a medium saucepan
- while the water is heating add 1 tray (or 3 cups) ice cubes and 3 cups of cold water to a medium size mixing bowl and set aside.
- Add the fresh english peas to the boiling water and continue boiling for exactly 1 & 1/2 minutes.
- Strain the peas quickly and toss them into the ice water to cool, allowing the cooking to stop instantly. Set the peas in the ice water aside.
- In a medium sized mixing bowl combine the fresh fine chopped mint and basil, minced garlic, extra virgin olive oil, salt and pepper and mix until well blended with a wire whisk.



- Strain the water off the peas, removing any ice cubes that haven't melted, and assuring that as much excess water as possible is removed. If necessary pat the peas dry gently with a paper towel.
- Add the cold peas to the mint and basil mixture and mix gently with a spoon until well blended.
- Keep cold in the refrigerator until ready to serve. This relish can be made 1 or 2 hours in advance and stored in the refrigerator.

Chef's Notes

Pistu is a French Provencal relish similar to pesto, (but without pine nuts) used to top soups, and vegetables such as green beans or tomatoes. Normally it only includes basil, olive oil, garlic, and seasoning. (and sometimes grated hard cheese such as parmesan) Our Pistu is tossed with fresh peas and blended with mint. We find that it makes the perfect topping for any type of roasted or grilled lamb cuts, such as rack of lamb, lamb chops or roasted leg of lamb. It is served cold and works well on warm servings of lamb for a contrast of temperatures. The mint in the Pistu works well with the gaminess of lamb. Mint is often traditionally used to season lamb for that reason. It is also great tossed with some fresh arugula, a squeeze lemon juice and shaved parmesan as a perfect spring salad. This version of Pistu is also fantastic tossed with cold cooked baby potatoes as a lighter alternative to traditional potato salads. We also love it tossed with cold spaghetti as a side for spring grill out nights or picnics.

