

Snow Pea Shoots Recipes

Snow pea shoots, steamed with butter, lemon, parmesan

Serves 4 as a vegetables side dish

6 cups snow pea shoots, washed, cut into 6 inch lengths

3 Tbsp butter

1 lemon, zest of ½ and juice

3 Tbsp parmesan cheese

Salt and black pepper

Steam snow pea shoots VERY LIGHTLY, refresh in ice water immediately, drain and reserve.

Mix parmesan and lemon zest gently but thoroughly.

Put butter in a medium hot sauté pan, melt and let foam.

Add lemon juice, salt and pepper from the mill.

Toss pea shoots lightly until just warm through, transfer to a serving platter immediately and then sprinkle with the parmesan cheese mix.

Serve hot.

Snow pea shoots with Ginger and garlic

Serves 4 as a vegetable side dish

6 cups snow pea shoots

2 Tbsp dark (Chinese) sesame oil

1 Tbsp fresh ginger, in very fine julienne

1 tsp grated fresh garlic

Small pinch of chili flakes

Pinch of sugar

Pinch of white pepper

3 Tbsp good quality soy sauce

Heat a wok or sauté pan to medium high heat.

Wash snow pea shoots, and cut into 4-inch lengths, and then reserve.

Place sesame oil into the wok or sauté pan, and heat until shimmering.

Working quickly, cook ginger and garlic, stirring until softened but not browning.

Season the ginger mix with chili flakes, sugar, and pepper.

Place the pea shoots in the wok or pan, and then toss and stir quickly.

Add the soy sauce, and then cover to catch the steam. After thirty seconds covered, uncover, toss to coat, adjust seasoning and serve hot.

Snow pea shoots with bacon and eggs

Serves 1 or two (how hungry are you?)

2 cups snow pea shoots, washed and cut into 6-inch lengths

6 rashers thick-cut bacon, baked until crispy (reserve hot)

2 large eggs, poached, cooked runny (reserve hot)

2 large, thick croutons cut from a baguette, toasted lightly and buttered (reserve hot)

1 tbsp butter

1 tbsp water

Salt and pepper

Optional: hollandaise sauce or olive oil with balsamic vinegar or a hearty red wine sauce

Heat a sauté pan to medium high heat, add butter and let foam.

Add pea shoots and toss to coat with butter.

Quickly add the tbsp of water and cover the pan to steam the pea shoots.

After 30 seconds remove the cover, season with the salt and pepper, toss again to coat.

On a large plate, place the buttered croutons. Top evenly with the pea shoots, followed by the bacon and then the egg, making a pretty stack.

At this point a little extra salt and pepper from the mill are really enough, or a light drizzle of any of the optional sauces, or even a few broad shavings of parmesan cheese would complement your dish.

Snow pea shoots salad with poached egg, shrimp and oven-dried tomatoes

Serves 2 to 4 as a salad course

3 cups snow pea shoots, cut into 4-inch lengths

1.5 cups arugula

1.5 cups baby spinach

8 25-30 shrimp, poached and cooled

20 cherry tomatoes, burst and dried in a 225 F oven for three hours

4 poached eggs (cooked runny)

30 ml good quality sherry vinegar

90 ml good quality olive oil

Big pinch dry mustard

Salt and pepper

Wash and prepare greens for salad, toss to combine.

Whisk together vinegar, oil, mustard, salt and pepper for vinaigrette.

Using most of the vinaigrette, toss the greens to coat.

On four large plates, divide the salad greens and plate toward the back.

Toss the shrimp and cherry tomatoes with the remaining vinaigrette, season lightly with salt and pepper and then divide evenly among the four plates, in a small pile toward the front.

Place the poached egg on top of the pile, pushing everything back lightly into the salad. Season the egg lightly with salt and pepper.

Serve with fresh, crusty bread.