

Broad Bean & pea mash on bruschetta

Broad beans and pea mash

Ingredients

500g peas in their pods
(About 150g shelled weight)
bowl
700g broad beans in their pods
(About 250g shelled weight)
Small bunch fresh mint leaves
Sea salt and freshly ground pepper
Extra virgin olive oil
50g finely grated pecorino cheese
plus extra for serving
juice of 1 lemon
2 balls fresh mozzarella (optional)

* Add grated zucchini

Use only fresh peas and beans for this recipe

1. Pod the peas and broad beans, keeping them separate. Put any really small ones aside to use as a garnish.
2. In a pestle and mortar bash up half the mint leaves with the peas and a pinch of salt. Add the broad beans a few at a time and crush to a thick green paste
3. Mash in a few tablespoons of extra virgin olive oil to make the past really gorgeous and spreadable. Stir in the pecorino cheese. If the mix is a bit thick add more oil to loosen it. Add about $\frac{3}{4}$ of the lemon juice- this will bring the whole story together. Have a taste and see what you think. You want the richness of the pecorino and the oil to balance nicely with the freshness of the peas, beans and mint. Season with more salt and pepper if needed.

Then according to how you are using the mash do the following

**Toast the bread either side on a bbq or hot griddle pan, rub twice only with garlic clove, and top with mash and mozzarella. ~~Dress the peas~~ remaining mint leaves and reserved small peas and rest of the beans with the lemon juice, olive oil, s&p, and scatters this salad over the bread. Finish with a little more olive oil, and a grating of pecorino.

** Or toss through pasta as you would with pesto, sprinkle pecorino

** Or dollop the mash on top of your risotto.

equipment

bowls, mortar and pestle, spoon,
pepper grinder, juicer, grater,

the mash can be tossed through
pasta spread on sour dough, placed
on fish or chicken.

For Bruschetta

xx Bread

1 loaf - cut into 1cm slices
& toasted in oven.

Garlic - several cloves