

Boiled Green Peas

Ingredients

Green peas; to each 1/2 gallon of water allow 1 small teaspoonful of moist sugar, 1 heaped tablespoonful of salt.

Method

This delicious vegetable, to be eaten in perfection, should be young, and not gathered or shelled long before it is dressed. Shell the peas, wash them well in cold water, and drain them; then put them into a saucepan with plenty of fast-boiling water, to which salt and moist sugar have been added in the above proportion; let them boil quickly over a brisk fire, with the lid of the saucepan uncovered, and be careful that the smoke does not draw in. When tender, pour them into a colander; put them into a hot vegetable-dish, and quite in the centre of the peas place a piece of butter, the size of a walnut. Many cooks boil a small bunch of mint with the peas, or garnish them with it, by boiling a few sprigs in a saucepan by themselves. Should the peas be very old, and difficult to boil a good colour, a very tiny piece of soda may be thrown in the water previous to putting them in; but this must be very sparingly used, as it causes the peas, when boiled, to have a smashed and broken appearance. With young peas, there is not the slightest occasion to use it.

Source: Mrs Beeton's Book of Household Management (1861)

Ingredify <https://ingredify.com>