

Erbsensuppe mit Schinken und Senf-Croûtons

836

Typ: Suppe

Quelle: Mary Berry, www.dailymail.co.uk

Bemerkungen: Soup is one of my favourite weekday lunches, and this one is quick and nutritious. I buy ham from the deli, as you can have it cut thickly and it has a good flavour, or use leftover roast ham.

Jul 22: Schmeckt ein wenig fad. Habe mit Meerrettich, Macis, und Harissa nachgewürzt. Meerrettich auch an die Senf-Paste.

Zutaten: ERVES 4

50g (1¾ oz) butter
1 onion, coarsely chopped
1 celery stick, coarsely chopped
750ml (1¼ pints) chicken stock
500g (1lb 2oz) frozen peas
2 tbsp snipped fresh chives
200g (7oz) roast ham off the bone, excess fat removed
salt and freshly ground black pepper

FOR THE CROÛTES

25g (scant 1oz) butter (room temperature)
1½ tsp Dijon mustard
16 slices from a baguette loaf, cut about 1cm (½ in) thick

Rezept:

1. Melt the butter in a large pan. Add the onion and celery and fry for 8-10 minutes over a medium heat, stirring often, until softened but not browned. Pour in the stock and bring to the boil over a high heat. Stir in the peas and quickly bring back to the boil, then reduce the heat and simmer for 3 minutes or until they are just cooked. (See below, Bright green colour.)
2. Using a blender or food processor, purée the soup with the chives until smooth. Return the soup to the pan.
3. Shred the ham into small pieces (see below, Bite-sized pieces of ham) and drop it into the soup. Set aside.
4. Make the croûtes: preheat the grill to its highest setting. Beat the butter and mustard together with a palette knife or spoon. Lay the baguette slices on a baking sheet and toast on both sides under the grill until golden. Spread the mustard butter on one side of each slice of toasted bread. (See below, Crispy croûtes.)
5. Reheat the soup briefly over a low heat. Season with salt and pepper, then serve with the mustard croûtes on the side.