

## ***Creamed English Peas***

Serves: 2-4

### Ingredients

2 cups fresh peas

2 Tbsp. unsalted butter

2 Tbsp. all-purpose flour

Salt and ground white  
pepper

Pinch of Cayenne Pepper

½ cup heavy cream

2 Tbsp. grated Parmesan  
or pecorino

1. Bring a saucepan of salted water to a boil. Blanch the peas and drain them.
2. In another saucepan, melt the butter over medium heat.
3. Add the flour, salt, Cayenne Pepper, and white pepper and whisk together until smooth, 1 to 2 minutes.
4. Add the cream, reduce the heat to medium-low, and then add the cheese and peas, cooking until thickened and peas are softened, 10 to 12 minutes.