
Green Peas A La Francaise

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1/4 cup butter
2 shallots, minced
1/2 teaspoon honey
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon nutmeg
1 small head iceberg or Boston lettuce, cut in 6ths
2 to 3 cups shelled peas (fresh or frozen)
4 tablespoons water (use only 2 if frozen peas are used)

In a heavy pot, melt the butter.

Add the minced shallots and lettuce. Place the peas on top of the lettuce.

Add the honey, seasonings and water. Cover.

Cook gently for 10 to 12 minutes.

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 434 Calories; 46g Fat (93.1% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 1004mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 9 Fat; 0 Other Carbohydrates.