

## Peas with Parma Ham

### *Piselli al Prosciutto*

To serve 4

1.5 kg	peas, shelled	3 lb
60 g	butter	2 oz
1	small onion, finely chopped	1
	salt and pepper	
15 cl	hot chicken, beef or veal stock, or water	$\frac{1}{4}$ pint
	sugar (optional)	
100 g	Parma ham, or other raw, cured ham, cut into strips	$3\frac{1}{2}$ oz
	bread triangles fried in butter (optional)	

Melt the butter in a saucepan and sauté the onion over a low heat until it begins to change colour. Add the peas, season with salt and pepper, and moisten with the stock or water. Cook, uncovered, over a brisk heat for 10 minutes or until tender, adding a pinch of sugar if the peas are not young and sweet. Two minutes before the peas are ready, add the ham and stir gently. In a decorative dish, the colour combination of peas and ham is very attractive. Garnish with the triangles of fried bread if desired, and serve very hot.

ADA BONI  
ITALIAN REGIONAL COOKING

## Green Peas Poitou-Style

### *Petits Pois à la Poitevine*

To serve 4

1 kg	peas, preferably <i>petits pois</i> , shelled	2 to $2\frac{1}{2}$ lb
50 g	butter	2 oz
3	medium-sized onions, finely sliced	3
2 tbsp	chopped parsley	2 tbsp
1 sprig each	thyme and savory	1 sprig each
1 tsp	chopped hyssop	1 tsp
1 or 2	lumps sugar	1 or 2
1	lettuce heart, shredded	1
	salt and pepper	

Melt the butter in a casserole and put in the peas, the onions, and the parsley, thyme, savory and hyssop. Sauté for several minutes, then add the sugar and the lettuce. Cover with boiling water, season with salt and pepper, and simmer gently, covered, for 30 minutes.

JEAN MERCIER AND IRENE LABARRE  
LA CUISINE DU POITOU ET VENDÉE

## Broad Beans with Lean Bacon

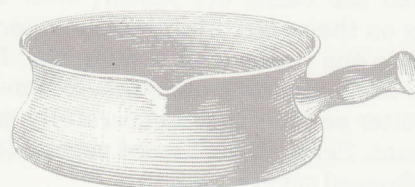
### *Fave con Pancetta Magra di Maiale*

To serve 4

600 g	shelled, young broad beans	$1\frac{1}{4}$ lb
150 g	lean bacon, cut into pieces	5 oz
2 tbsp	finely chopped onion	2 tbsp
75 g	lard	$2\frac{1}{2}$ oz
	salt and pepper	
3 or 4 tbsp	water	3 or 4 tbsp

Sauté the bacon and onion in the lard until the onion is golden; then add the beans. Season with salt and a little pepper, moisten with a few tablespoons of water and cook over a high heat for a few minutes until the beans are tender. Serve hot.

LUIGI CARNACINA AND LUIGI VERONELLI  
LA BUONA VERA CUCINA ITALIANA



## Purée of Broad Beans

### *Purée de Fèves au Maigre*

To serve 4

2.5 kg	large fresh broad beans, shelled and peeled	5 lb
60 g	butter	2 oz
15 cl	milk	$\frac{1}{4}$ pint
1	sprig savory	1
	salt	
$\frac{1}{2}$ tsp	sugar	$\frac{1}{2}$ tsp
2 to 3 tbsp	double cream	2 to 3 tbsp
2	slices bread, crusts removed, cut into 8 triangles, fried in butter	2

Melt 30 g (1 oz) of the butter in a heavy saucepan and sauté the beans for a few minutes. Moisten with the milk; add the savory, salt and sugar, cover and cook over a low heat for 20 minutes. When the beans are cooked, press them through a sieve. Put the purée in a fireproof casserole and reheat, stirring to prevent sticking. When the purée is hot, remove the casserole from the heat and stir in the cream and the remaining butter. Serve garnished with the fried bread.

ARISTIDE QUILLET  
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