Pea soup

Recipe by V-ZUG LTD



Preparation	10 Mins
Cooking time	25 Mins
Portions	4

Light green, spring-like pea soup with aromatic herb oil and peppermint crème fraîche. An elegant starter that visually and flavour-wise captures the essence of spring.

Herb oil

150 ml sunflower oil

40 g parsley, leaves only

20 g dill, leaves only

15 g chives, coarsely chopped

Pea soup

1 tbsp olive oil

2 shallots, finely chopped

1 garlic clove, finely chopped

100 g celeriac, in small cubes

½ tsp sugar

some salt

100 ml white wine

650 ml vegetable stock

150 ml cream

500 g frozen peas

some salt

some pepper

Serving

50 g crème fraîche

2 sprigs of peppermint, leaves only, finely chopped

some salt

some pepper

Herb oil

Heat sunflower oil in a pan over medium heat (level 6) to approximately 55 °C. Place the warm oil with the herbs into a blender and blend on high speed for approximately 8 minutes. Line a sieve with muslin or fine straining cloth, carefully strain the herb oil, squeezing the cloth well. Pour the herb oil into a light-protected bottle, allow it to cool, and store it in the refrigerator.

Pea soup

Heat butter and olive oil in a pan over medium to high heat (level 6–7). Sauté shallots, garlic and celery until translucent. Add sugar and a little salt, pour in white wine and allow to reduce slightly. Add vegetable stock, cover and bring to the boil over high heat (level 8). Reduce to low to medium heat (level 3–4) and simmer for approximately 15 minutes. Add cream and peas, simmer for another 5 minutes. Purée finely and pass through a fine sieve back into the saucepan. Season the soup with salt and pepper

Plating

Mix crème fraîche and peppermint, season with salt and pepper. Serve the soup and finish with the mint crème fraîche and a drizzle of herb oil.

Accessories

Saucepan (approx. 16 cm ø)

Pan with lid (approx. 20 cm ø)

Additional information

Created on	07.04.2026