
Peta Mathias'

Pistou soup



Serves 6



INGREDIENTS

100g dried white beans
Bouquet garni (parsley, thyme and bay leaf tied together in muslin)
1 med onion, chopped
2 medium, waxy potatoes diced
2 medium carrots, diced
1 leek, trimmed of the green part, washed and chopped
400g small courgettes, diced
125g baby green beans
500g tomatoes, peeled and chopped
sea salt & freshly ground black pepper
200g shelled peas
125ml pesto
Parmesan cheese

Pesto

100g fresh basil leaves
8 tablespoon olive oil
25g pine nuts (or more)
2 cloves garlic, crushed
sea salt
50 freshly grated Parmesan cheese
2 tablespoon freshly grated Pecorino cheese
40g butter

To serve

To serve: Serve immediately in deep soup bowls with a spoonfull of pesto on top, drizzle over some olive oil and pass around the parmesan in a hand grater.

METHOD

1. Soak the beans overnight then drain. Put them in a large pot, cover with water, bring to the boil and simmer for half an hour. Drain.
2. Put the white beans back in the pot with the bouquet garni and all the vegetables, except the peas, courgettes and green beans. Cover with water, add a little salt and pepper, bring to the boil and simmer until the potatoes are cooked.
3. Add the peas, courgettes and green beans and continue simmering until beans are al dente (maybe 5 - 10 mins). Discard the bouquet garni.

Pesto

Put basil, oil, pine nuts, garlic and salt in the food processor and blend till smooth.

Remove from processor, place in a bowl and hand stir in the cheese. Stir in the softened butter.