

Stewed Peas and Lettuce

From John Farley's 1783 cookbook.

Serves 4

2 1/2 cups fresh green peas, shelled

1 head lettuce, sliced

1/4 cup vegetable stock

2 egg yolks

salt and pepper

2 tablespoons butter (optional)

Garnish (optional)

8 slices ham

2 tablespoons butter

or

2 slices ham or prosciutto cut in julienne strips

Simmer the peas and lettuce, covered, in a thick braising pan for about 20 minutes or until tender. Add a little vegetable stock if necessary. Beat the egg yolks in a bowl, stir into them a little of the hot cooking liquid, and return to the pan with the vegetables. Season to taste. The butter may prove unnecessary; it merely makes the dish richer. Cook until thickened, but do not boil.

For the ham garnish, cook the ham very gently in the butter, or put the slices in a dish with a little butter, covered, in a warm oven to

cook slightly while you prepare the vegetables. Pile the vegetables on top of the ham slices in the serving dish to make a pleasant lunch dish. Alternatively, cut the ham or prosciutto into thin julienne strips and stir them into the vegetables, leaving them just long enough to warm but not to cook.