

# XCentric Ideas



Moderation is the silken string  
running through the pearl  
chain of all virtues.

Joseph Hall

Recipes from the Internet  
This sketch my own  
All photos my own

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# Mushy Peas

1 tin Peas, drained  
Butter (to taste)  
Seasoning  
Cooked bacon cubes (optional)

Heat the peas, add the butter and mash together.

Season, add the bacon and serve.

# Pea Mousse

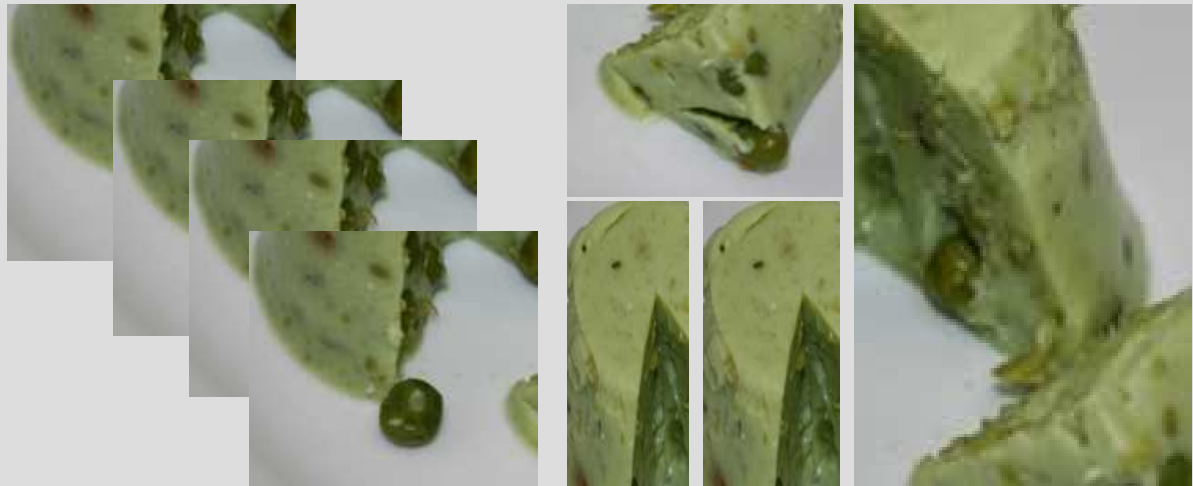
1 cup frozen Green Peas  
½ cup Mayonnaise  
½ cup Greek Yoghurt  
1 Greengage jelly/Lemon jelly\*  
1 cup boiling water

Mix the greengage jelly with 1 cup boiling water and stir till dissolved. Let the jelly set in the fridge halfway.

Steam the frozen peas for a few minutes till cooked. Puree half of the peas (leave the other peas whole and aside for the moment) and beat the peas with the Greek yoghurt & mayonnaise.

Stir the pureed pea-mixture into the jelly mixture, mix thoroughly. Stir in the other half of the peas (whole peas), pour into greased mould/ramekins and let set in fridge. Unmould, serve with crackers/Melba toast or chips.

*\*My lemon jelly packet was open, so I used the Greengage (sort of a plum) jelly.*





# Frozen Pea Salad

1 cup Greek Yoghurt  
1 cup Mayonnaise  
Black Pepper  
1 Packet Lettuce, finely sliced  
Carrots, peeled and grated  
1 kg Frozen Peas  
Bacon slices, cooked (optional)  
Cheddar cheese, grated

*This dish should be made a few hours before serving.*

Mix yoghurt and mayonnaise till smooth.

Use a glass dish. Start with the lettuce. Layer on top with carrots, frozen peas, cheese, pepper and bacon. Make sure you spread the toppings next to the glass, for maximum effect.

Top with yoghurt/mayo mixture. Cover with Clingfilm and refrigerate for up to 8 hours. Toss salad just before serving.

*\*The frozen peas help keep the salad cold and defrost over time.*

*\*You can also add hard-boiled eggs, other cheeses, cubed fresh tomatoes and salad onions.*



Recipe: my own version

# Pea Potato Soufflé

1 packet (104 g) Smash (any flavour) – prepared with 500 ml boiling water  
Butter, melted  
5 x-large Eggs, separated  
1 cup frozen Green Peas, defrosted, cooked and pureed\*  
Seasoning to taste

Beat the mash and yolks together. Stir in the pureed peas.

Beat the egg whites till stiff and fold it into the mash mixture. Brush ramekins with the butter.

Spoon mash mixture into the ramekins and bake for 25-30 min at 180oC. Serve immediately. Serves 4-6.

*\*U can use 750g mash instead of the packet Smash.*

*\*Use little bit of boiling water to help puree the peas.*

*\*Ideal as a side dish to any meat/chicken/fish meal. Or on its own with vegetables and a bit of gravy.*



# Pea Mash

300g (2 cups) frozen Peas  
60ml (1/4 cup) Chicken Stock  
1 tsp finely grated Lemon Rind  
Chilli flakes

Place the peas and stock in a medium saucepan over medium heat and cook for 8 minutes or until heated through.

Remove from heat. Transfer pea mixture to the bowl of a food processor.

Add the lemon rind and process until almost smooth.

*\*Serve as a side.*

*\*Or use as a dip for vegetables or chips.*

*\*Or as a spread on bruschetta.*

# Pea, Chorizo, Cheddar Pizza

Use a tomato and cheese frozen pizza base.

Topping:

\*Pea mash

Chorizo slices (optional)

Mature cheddar cubes (or feta crumbles/Gorgonzola cheese)

Brush the pea mash on top of the pizza base. Add the chorizo slices & cheddar cubes. Grill for 10 minutes in oven on top shelf, or till done.

\*Pea Mash

300 g frozen Peas

60 ml Chicken Stock

1 tsp finely grated Lemon Rind

Place the peas and stock in a medium saucepan over medium heat and cook for 8 minutes or until heated through. Remove from heat. Transfer pea mixture to the bowl of a food processor. Add the lemon rind and process until almost smooth. (Recipe: [www.taste.com.au](http://www.taste.com.au) )



Recipe: my own version



# Baked Bacon, Onion, Pea Risotto

1 cup Arborio Risotto Rice, raw  
½ Onion, chopped, raw  
2 cups boiling Water  
4 tsp Beef Stock granules  
4 tbsp Margarine  
Black pepper  
½ packet (85g) Bacon, cubed, raw (optional)  
1 cup frozen Peas (keep in freezer till needed)

Preheat oven to 200 oC. Use an oven dish with a lid.

In the dish, add the raw rice, raw onion, boiling water, beef stock, margarine, pepper and the raw bacon. Stir well until margarine is melted. Put the lid on. Bake in the oven for 30 minutes.

Remove dish from the oven, add the frozen peas, stir well, put the lid on and bake for another 20 minutes.

Serve with Parmesan/Cheddar cheese.

*\*Can be a side dish or a main.*

Recipe: my own version

