

New Potatoes and Peas with Lemon Herb Cream Sauce

Recipe by Lorin Fahrmeier

1 bag frozen peas
2 lbs. new potatoes
4 tablespoons Unsalted Butter
1/4 cup Flour
1 quart Milk, room temperature
1 1/2 teaspoons Salt
3/4 teaspoon Freshly Grated Nutmeg
Freshly Ground Black Pepper
1 clove garlic
1 Lemon (zest only)
Fresh herbs of choice, minced (parsley, chives, thyme)

Fill a large pot half with water. Once water is boiling add in potatoes and a pinch of salt. When potatoes are almost fork tender, add in bag of frozen peas. Once peas are hot through and potatoes are fork tender, drain. Leave potatoes and peas in the colander.

In the same pan over medium high heat and add the Butter. When the Butter has melted, whisk in the Flour to form a paste. Next whisk in the Milk in thirds, making sure to smooth out any lumps. Bring the mixture up to a gentle boil, while stirring occasionally. Add garlic and season with Salt and the Nutmeg along with some Freshly Cracked Black Pepper. Turn the heat down to medium low and cook and thicken. Once sauce is thick, add in lemon zest.

Pour the peas and potatoes into a serving dish. Pour cream sauce over and sprinkle minced herbs over the top. Serve while hot.