

Peas and Lettuce Stewed

TAKE a quart of green peas and two cabbage lettuces cut small across, and washed very clean, put them into a stew pan, with a pint of gravy, a piece of lean ham or bacon, an onion chopped fine, cover them close, and stew them for half an hour; then put in a piece of butter mixed with flour, some pepper and salt, cover them, and stew them till you find they are very tender and of a proper thickness; take out the ham, put them in a dish, and send them to table)

From Richard Briggs' *The English Art of Cookery*, 1788

Adaptation:

1 bag frozen green peas, thawed

1 head lettuce or 1 bag of lettuce, chopped (Try arugula, curly endive, radicchio, romaine, or a mix of these. Avoid tender greens as they will not stand up to cooking.)

1 c chicken or beef broth

1 slice bacon (may be omitted)

1 onion, chopped

1 Tbsp butter, softened

1 or 2 Tbsp flour

Salt and pepper to taste

1. Put the lettuce, peas, bacon, broth and onion in a pan over medium-low heat and cook for 10-15 min, or until the onion and lettuce stems are tender. You can test this by piercing them with a fork or toothpick. They should be completely soft.
2. Mash your butter and flour together into a paste. Add the mixture to the pot and stir to combine, and season with salt and pepper
3. Simmer until the vegetables are tender, and the sauce has thickened, 3-5 minutes.
4. Serve hot and enjoy!