

Pea Pesto

Makes about 1 cup

Chef David Kinch of Manresa says, "This recipe will not work and will not be worth doing unless the peas are as naturally sweet as possible"— ideally when just harvested. Kinch likes it with grilled calamari. It's also good with crudites and grilled fish, and may be stirred into a vegetable bouillon for a soup. Young ginger is a pale cream color with very thin skin. It is available at most Asian supermarkets and fine food stores.

1 cup of very sweet, fresh shelled peas

About ½ cup extra virgin olive oil, preferably Catalan

1 tablespoon finely chopped toasted Marcona almonds

Grated zest of one lemon

1 tablespoon grated Parmigiano-Reggiano

Fine sea salt to taste

About 1 teaspoon lime juice

About 1 teaspoon young ginger, freshly grated



JOHN LEE / *Special to The Chronicle*
styled by KACIE RAT

Instructions: Place ¾ cup of shelled peas with the olive oil in a blender and puree until completely smooth. You might need to add a touch more oil to get a pourable consistency. Add the rest of the peas and pulse a few more times so you have a bit of pea texture. Season with the almonds, lemon zest, cheese, salt, lime juice and young ginger to taste.

Per tablespoon: 75 calories, 1 g protein, 2 g carbohydrate, 7 g fat (1 saturated), 0 cholesterol, 8 mg sodium, 1 g fiber.