



SHELBURNE FARMS

Pea Tendrils Pesto

From Executive Chef Jim McCarthy

I like to make pesto with anything green that comes from the garden. These pea tangles are tender legume shoots that our farmer Josh Carter plants as a cover crop to improve soil fertility. They must be harvested young because their stems get woody as they get age. They have a mild 'green' taste that also makes them good in salads.

The trick with this pesto is to take the fresh, green shoots and stick them in the freezer overnight. This helps to break down the cells of the plant much like cooking does, but without the loss of flavor or nutrients. The use of sunflower seeds instead of nuts keeps this pesto fairly mild, to accompany many of the flavors of spring.

It makes a great flatbread topping!

Can't find pea tendrils? Anything green from the garden will do... spinach, kale, ramp greens. They'll all taste great!

— Chef Jim

INGREDIENTS

1/2 lb. pea tangles
2 oz Shelburne Farms clothbound cheddar
2 cloves garlic
1/4 cup sunflower seeds, toasted
1 2/3 cup olive oil
1 teaspoon black pepper
salt to taste

PREPARATION

Combine all ingredients in a food processor or Vitamix blender (for a more refined pesto) and puree until smooth. Season with salt to your liking. This can be held in the fridge for up to a week, or in the freezer indefinitely.