

# “Marrowfat” Peas

Marrowfat is the name we Irish give to mature shelling peas left on the vine to dry. To prepare these old peas, you soak them in water overnight like beans and then boil them to death with baking soda before smashing them into what we call mushy peas, a dish I never cared for. But don't worry, this is a recipe for fresh, tender garden peas, refined and made all the richer with little, intact pieces of beef marrow—hence my little bit of irony in referring to them as marrowfat peas.

You can blanch the peas a day ahead, but put this recipe together when just ready to serve.

⌘ } SERVES 6 { ⌘

6 quarts water	5 tablespoons cold unsalted butter, cut into pieces	1/2 teaspoon kosher salt
1 1/2 cups table salt	3 large shallots, minced	1/4 teaspoon freshly ground black pepper
2 cups fresh, shelled peas	1/4 cup chicken stock (page 239)	1 teaspoon chopped fresh thyme leaves
2 (4-inch) beef marrowbones		

**Blanch the peas:** Refer to How to Blanch Green Vegetables on page 162 to cook the peas in the water and salt for 3 minutes. Shock them in an ice water bath, drain, and then blot them dry.

**Prepare the marrow:** Fill a large bowl with ice water. Bring a medium pot of water to a boil and cook the bones in it for 3 minutes. Transfer them to the ice water to cool. Blot the bones dry on paper towels. Use a chopstick or other narrow implement to remove the marrow from the bones, then cut it into approximately 1/2-inch pieces.

**Prepare the dish:** In a slope-sided sauté pan over medium heat, heat 1 tablespoon of the butter until it bubbles. Stir in the shallots and let them sweat for 30 seconds, until translucent. Stir in the peas, stock, and marrow. Increase the heat to high and add the remaining 4 tablespoons of butter, stirring constantly until it melts and the sauce thickens, about 2 minutes. Stir in the salt, pepper, and thyme. Serve hot.