

# Pea Dip With Parmesan

By Mark Bittman

**YIELD** At least 8 servings

**TIME** 10 minutes

With dips there is always something new, because if you substitute “thick purée” for “dip,” the options are limitless.

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## INGREDIENTS

**3 cups peas (frozen are fine; no need to defrost)**

**About 1 cup stock or water, as needed**

**3 tablespoons toasted pine nuts, roughly chopped**

**1 cup freshly grated Parmesan**

**½ teaspoon minced garlic**

**¼ cup chopped fresh mint or more to taste**

**2 tablespoons extra virgin olive oil**

**Salt**

**freshly ground black pepper**

## PREPARATION

### Step 1

Put peas in a pan with just enough stock or water to come half way up their height. Cook for about 3 minutes, or until peas are bright green and tender. Put all but 1 cup of peas in a food processor or blender, and add just enough cooking liquid to start purée. When purée is relatively smooth, transfer it to a bowl and stir in remaining cup of peas.

### Step 2

Add pine nuts, cheese, garlic, mint and olive oil. Sprinkle with salt and pepper; taste and adjust seasoning, then thin with more liquid if necessary. Serve or refrigerate.

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### Tip

***Edamame dip with miso and ginger:*** Combine 2 tablespoons miso with 2 tablespoons water. Substitute 3 cups cooked edamame for peas. Put all edamame, miso mixture, 1 tablespoon freshly grated ginger and 1 tablespoon rice wine vinegar in a food processor or blender and purée until relatively smooth. For a thinner consistency, add another tablespoon of vinegar or water.

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## PRIVATE NOTES

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