

chef PAUL COLLINS



TARTINE OF BROAD BEANS, ASPARAGUS, PEAS AND QUAIL EGGS

Ingredients (for 4)

500g Fresh Broad Beans
4 slices of Grilled / Toasted Sourdough
200g Fresh Young Peas
2 Bunches of Asparagus
Fresh Mint optional
8 Quail Eggs (Feta Cheese or Goats Cheese)
Pea Shoots
Olive oil
Sea salt and black pepper

Method

- Pod and blanch the broad beans in boiling salted water and refresh in ice-cold water.
- Blanch the peas in the same water and refresh in ice-cold water.
- Peel and blanch the asparagus in the same water and refresh in ice-cold water.
- Drain all of the blanched vegetables on kitchen paper until required.
- Cook the quail eggs for 2 minutes 45 seconds, plunge in to cold water, then peel, put aside.
- Next put all the peas, beans and asparagus into a bowl and dress with the olive oil
- Season to taste with salt and pepper.
- Garnish with any of the other foods I have mentioned.
- Can also be served as a main course salad for a more substantial lunch.