



# Creamy Pea Pate



It's June down on the farm, and Tractor Ted is helping to harvest the peas. Pea pate is a quick, easy and healthy recipe - and delicious to eat spread on triangles of crispy toast.

## THIS ACTIVITY...

- encourages children to eat peas
- introduces a variety of food preparation and cooking techniques
- offers lots of opportunity for exploring tastes, smells and textures
- encourages listening, talking and following instructions
- offers lots of opportunity for maths exploration, including adding ingredients, weighing and measuring volume

## INGREDIENTS

*makes enough for twelve small triangles of toast*

150g frozen peas

600ml water

1 large garlic clove

1 tablespoon of crème fraiche

1 tablespoon of grated Parmesan

½ teaspoon of dried mint

## WHAT TO DO

Peel the garlic clove and chop into two or three chunks. Put the water in a saucepan, add the garlic and bring to the boil. Once the water is boiling, remove the garlic with a slotted spoon. Pour in the peas, bring back to the boil and simmer for about eight minutes. Drain the peas and put them in a food processor, along with the crème fraiche and the mint. Process the peas to make a rough pate, transfer the pate to a bowl and stir in the grated Parmesan. Spread the pate on triangles of toast and serve.



## THINGS TO THINK ABOUT

- Keep the group small and have a high adult/child ratio. Help the children to carry out as many of the preparation tasks as possible.
- Involve the children in weighing the peas, measuring the water in a measuring jug and spooning out the correct quantities of crème fraiche, Parmesan and mint.
- Encourage the children to smell the peas before and after they are puréed, and sniff the garlic, dried mint and Parmesan.
- Introduce appropriate vocabulary for the different actions and ingredients – a dollop of crème fraiche, sprinkling on the mint, puréeing the peas.
- Explore the different textures – the dry, grainy Parmesan, the soft squidgy puree, the smooth creamy crème fraiche. Compare the shape and texture of the peas before and after they are processed.
- To make a vegan version of the pate, substitute a tablespoon of extra virgin olive oil for the crème fraiche and leave out the Parmesan.

