

Greek-Style Peas, Potato and Carrot Stew

Biselyas kon patata y safanorya

Young sweet green peas, fresh from my garden, are gently cooked with ripe juicy tomatoes, onions, carrots and potatoes and handfuls of fragrant fresh parsley and dill in good quality extra-virgin olive oil.

This simple and super easy traditional dish is a popular vegetarian stew that the Sephardim in Rhodes Island made when peas were in season.

I recently discovered on a trip to Rhodes that adding artichokes transforms this healthy vegetarian meal to another level of deliciousness.

Served with a hunk of crusty bread to mop up the juices or a simple rice pilaf this rustic dish is perfect accompanied with good quality Greek feta for that extra tang.

3 tbsp extra-virgin olive oil

1 onion, finely chopped

2 spring onions (scallions), chopped

1 medium carrot, diced

2 potatoes, cut into cubes

1 cup chopped fresh ripe tomatoes or canned tomatoes

1 tbsp tomato purée; hot vegetable stock or water

1kg {2¼lb} fresh peas in pods shelled, about 500g (1lb 2oz) shelled peas

2 tbsp roughly chopped fresh dill

1 tbsp roughly chopped flat-leaf parsley

1 tsp sugar

salt to taste

To garnish:

1 tbsp roughly chopped dill

To serve:

crusty bread and a slab of feta cheese

Heat the oil in a medium size pan over medium-high heat and sauté the onions and spring onions. stirring frequently until softened.

Add the carrots and potatoes and sauté for two minutes. Add the chopped tomatoes, tomato purée and enough hot stock or water to just cover the vegetables, and cook for 10-15 minutes until the vegetables have softened a little.

Add the peas, dill, parsley, sugar and season with salt.

Bring to a boil. Cover and simmer for 30 minutes or until the vegetables are tender (depending on the freshness of the peas). Taste and adjust the seasoning. If the sauce is too watery increase the heat and boil uncovered until reduced so that the vegetables are left coated with just the olive oil. Garnish with chopped dill and serve at room temperature with crusty bread and feta cheese.

Stella's Hints:

- * 2 x 275g (10oz) packets of frozen green peas can be substituted for the fresh peas. They will only require cooking for 4-5 minutes.
- * If using artichokes simply add 2 cups canned and drained or frozen artichoke hearts, cut in half lengthways, and add to the vegetables when they are almost cooked.