



Summer Pea, Green Bean, & Corn salad

Prep Time: 30 minutes
Cook Time: 5 minutes
Yield: 10-12 servings

INGREDIENTS

Salad:

1/4 Cup Kosher Salt

3 Cups shelled Southern peas, like fresh crowders or lady peas or black-eye peas.

3 Cups Fresh Corn Kernels (from 2 to 3 cobs)

2 Cups halved Green Beans (cut in half on an angle)

4 Ribs Celery, thinly sliced and leaves reserved

1 Cup Chopped Red Bell Pepper

1 Cup Chopped Green Bell Pepper

1 Red onion, thinly sliced

Buttermilk Dressing:

2 TBLS Sherry Vinegar

2 TBLS of Honey

1 Cup full-fat Buttermilk, well shaken

1/2 Cup sour cream

1/3 Cup Extra-Virgin Olive Oil

2 cloves Garlic, Grated

1 TBLS Fresh Thyme

1/4 TSP Freshly Ground Black Pepper

1/4 TSP Kosher Salt

2 Sprigs Thyme, leaves only, for garnish

DIRECTIONS

.FOR THE SALAD:

1. Bring a large pot of water to a boil over medium-high heat and add the salt. Fill a large bowl with ice and water and set it next to the stove.
2. Cook the Southern peas in the boiling water for about 25 minutes, or until creamy inside but not mushy, then remove using a mesh sieve and immediately transfer to the ice bath to stop the cooking.
3. Blanch the corn, then the green beans, blanching each for 2 minutes, then transferring to the ice bath.
4. Drain the beans, corn and lady peas in a colander and set aside to cool completely.
- 5.

In a large bowl, combine the cooled bean mixture, the celery, bell pepper and onion. Cover and chill in the refrigerator until ready to serve.

FOR THE DRESSING:

In a large bowl, whisk together the vinegar and honey until well-combined; slowly whisk in buttermilk and sour cream, and then the olive oil, whisking until emulsified and smooth. Then add in the garlic, thyme, black pepper and salt.

TO SERVE:

Before serving, drizzle 1/4 cup of the dressing around the rim of the bowl and toss to combine. Add more dressing if you like, and garnish with the reserved celery leaves and fresh thyme.



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Recipe adapted from:
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