Buttered Green Peas

4 small warm pea side portions, about 100 g peas each · Active 5 min · Total 15 min

Ingredients

- 14 oz plain frozen green peas (400 g)
- 2 tablespoons drinking water (30 ml), or the packet-directed amount
- 1 tablespoon plus 1 teaspoon butter (20 g)
- 1/8 teaspoon fine salt (0.75 g)
- A small pinch of white pepper

Set out

Saucepan with lid, at least 1.5 qt/1.4 L, Colander if draining needed, Spoon, Small serving bowl, Food thermometer for hot holding or reheating

Allergens

Milk; check pea and butter labels. Check labels and substitutions.

Make it

1. Put frozen peas and water in the saucepan. Cover, bring to a simmer and cook 4–6 minutes or for the full packet-directed time, stirring carefully once or twice and preventing the pan from boiling dry.

2. Drain any excessive loose water with care around steam. Take off the heat and stir in butter, salt and white pepper until peas are lightly coated.

3. Serve four small side portions promptly. If hot holding is necessary, use suitable equipment and verify the food remains at least 140°F (60°C); do not leave a bowl lukewarm while another course finishes.

Keep the small serving honest

Each portion begins with 100 g peas. These are companion vegetables for the table, not four large bowls or a claim to a historically recorded portion size.

Primary menu source

Royal Museums Greenwich, item LMQ/1/12/2: https://www.rmg.co.uk/collections/archive/rmgc-object-484157 . The original printed dinner menu was inspected; it does not establish what any named diner ate.

A useful detail

The 15-minute total includes reading the packet, heating a small pan, the full pea cooking stage and serving. A longer packet instruction extends it. Butter and white pepper are our additions, not details supplied by the historical menu.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier butter deadline. Reheat leftovers to 165°F (74°C). Refrigeration is preferred for this finished side’s texture.