

Bezelye Püresi

Traditional Turkish pea puree (Bezelye Püresi) - a creamy, healthy meze made with peas, grape juice, and simple seasonings. Perfect appetizer recipe.

10 min

HAZIRLIK

20 min

PIRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Bezelye Püresi

Malzemeler

- 2 cup pea
- 1 tsp grape juice
- 1 cup water
- 1 pinch granulated sugar
- 1 pinch salt

Yapılışı

- Cook the Peas**

Bring a large pot of salted water to a rolling boil over high heat. Add 2 cups peas and cook until very tender, about 8-10 minutes for fresh peas or 5-6 minutes for frozen peas.
- Drain the peas**

Drain the peas thoroughly in a fine-mesh strainer and let cool for 3-4 minutes until warm but not hot.
- Make the Puree**

Add the cooked peas, 1 cup water, 1 teaspoon sugar, 1 pinch salt, and 1 pinch black pepper to a blender or food processor.
- Blend**

Blend on high speed for 45-60 seconds until the mixture is completely smooth and creamy with no visible pea pieces.
- Finish and Rest**

Taste and adjust seasoning with additional salt and pepper if needed.
- Serve**

Transfer to a serving bowl and let rest at room temperature for 30 minutes to allow flavors to develop before serving.

İpuçları

Cook peas until they're very tender - undercooked peas will result in a grainy texture that won't blend smoothly even with extended processing.

Start with less liquid and gradually add more while blending to achieve your preferred consistency - you can always thin it out, but it's harder to thicken.

Taste and adjust seasoning after the puree has cooled slightly, as flavors can taste different at room temperature compared to when the mixture is hot.

For the smoothest possible texture, pass the finished puree through a fine-mesh sieve, pressing the solids with the back of a spoon.

Allow the puree to rest for at least 30 minutes before serving to let the flavors meld together and achieve the best taste.

If the puree seems too thick after refrigerating, thin it with a tablespoon of warm water or additional grape juice rather than cold liquid.

Garnish with a drizzle of high-quality olive oil and a few whole cooked peas just before serving for an attractive presentation.

Make sure your blender or food processor is completely clean before use, as any residual flavors can affect the delicate taste of the pea puree.