

# Peas and Sweetbreads

Recipe By Gabe Garcia



Cooking and Prep:  1 h

Serves:  8

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Gluten Free

Source: Kosher.com

Exclusive

At Tierra Sur a single ingredient can evoke a memory or even inspire a whole dish. For instance sugar snap peas that we get from our local organic farmer remind me of a dish I once made of peas and sweetbreads. Here is a rendition of that dish. Watch the [whole video here!](#)

## Ingredients (14)

### Main ingredients

- 1 pound sweetbreads, raw
- 2 cups [Baron Herzog Chenin Blanc](#) or other white wine
- 1 bay leaf
- 1 tablespoon peppercorns
- 1 onion, cut in half
- few cloves garlic

- zest and juice of 2 lemons
- 1 teaspoon **Reine Dijon Mustard**
- 1 tablespoon chopped mint
- 1 cup **Gefen Extra-Virgin Olive Oil**
- 6 cups fresh sugar snap peas, divided
- 4 cups pea tendrils, raw
- 2 spring onions, sliced

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### Sommelier Suggests

- Herzog Lineage Rosé**
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## Start Cooking

### Prepare the Sweetbreads

1. Place one pound of sweetbreads in a pot with two quarts cold water, white wine, bay leaf, peppercorns, onion, and garlic. Place on the stove and bring to a simmer, poach for 30 minutes. Cool the sweetbreads on a rack, than clean off the membrane. Cut into one-inch pieces.
2. Skewer the sweetbreads with a presoaked wooden skewers, and reserve until ready to grill.

### Prepare the Lemon Vinaigrette

1. Combine lemon zest and juice, Dijon, mint, and a pinch of salt, and whisk together while slowly adding olive oil.

### Prepare the Peas

1. Blanch four cups of the sugar snap peas in salted boiling water for 30 seconds. Immediately shock them in a salted ice bath for 30 more seconds then dry them.
2. Sauté half the blanched peas with some sliced spring onions and pea tendrils.

### To Serve

1. Season and grill the sweetbreads for two minutes on each side until crispy.
2. Cut one cup each of the raw and the reserved blanched peas. Toss them in a bowl with some extra virgin olive oil and salt.
3. Plate the grilled sweetbreads with the sautéed peas and spring onions, the salad of raw and blanched sugar snap peas, pea tendrils and the lemon mint vinaigrette.