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Cream Peas and Potatoes

Ross Garner

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Cream Peas and Potatoes

Ross Garner

History:

Comfort food is defined as “food that comforts or affords solace; hence, any food (frequently with a high sugar or carbohydrate content) that is associated with childhood or with home cooking.”¹ Cream Peas and Potatoes fits that description for me and my family. Though similar recipes can be found online through various food bloggers and the concept has likely existed since people have grown potatoes and peas together with, this version was passed down by word-of-mouth through the women in my maternal line.² Its starchy, creamy, warm goodness leaves one very satisfied—especially when paired with a piece of toast.

Not quite a soup or stew, but more like a saucy vegetable mix, Cream Peas and Potatoes is a seasonal food in my family, utilizing the fresh produce of the early summer garden. My parents have always grown a garden on their one acre lot in Bluffdale, Utah, and some of their first edible crops to mature by the first of July are young red potatoes, peas, and onions. The young potatoes offer the carbohydrates and the peas some color and protein, and while mature potatoes and peas work as well, the younger sweeter versions are best. Combined with milk and seasonings, the garden vegetables make for a filling side-dish or complete meal for long summer evenings. As most of the ingredients can be grown in a small garden space, the meal is virtually free in addition to being filling. While the meal is plain, it can be spiced up with any combination of fresh herbs like rosemary, green onions, shallots, thyme, or parsley.

¹ “comfort food,” *Oxford English Dictionary*. Draft Addition 1977. Accessed 27 February 2018

<http://www.oed.com.dist.lib.usu.edu/view/Entry/36890?redirectedFrom=comfort+food#eid8985>
487.

² Jennifer Maloney, “Creamed Peas and Potatoes,” *Seasons and Suppers* Accessed 27 February 2018. <https://www.seasonsandsuppers.ca/creamed-garden-peas-and-new-potatoes/>

