

New Potatoes and Peas

8 Small red potatoes, cubed small but not peeled

1 1/2 cups fresh garden peas

1/2 tsp sugar

2 tablespoons of butter

2 tablespoons of flour

1/2 tsp salt

1/2 tsp pepper

1 1/2 cups of milk

1 tsp parsley flakes

Cook potatoes in water until tender.

Steam Peas until cooked the way you like them but don't over cook your peas

While vegetables are cooking make your sauce melt butter then add the sugar, salt pepper and flour to make a roux (paste).

Slowly stir in the milk to make a creamy sauce. Bring to a boil for about a minute until it is thick and bubbly

Drain your vegetables and mix them in the creamy sauce.

Top with the parsley flakes