

Hoppin' John

By Gracie Hunt, Events Director

Ingredients:

2 cups dried black-eyed peas
Cold water
1 pound meaty ham hocks or 1 pound lean Canadian bacon
1 large onion, chopped
1/4 to 1/2 teaspoon crushed red pepper flakes
4 cups water or chicken broth
4 cups Cooked Brown Rice
Salt and black pepper to taste

Directions:

Dried beans must be cleaned before cooking, so sort through them thoroughly for tiny pebbles or dirt. Rinse the beans 3 times and drain. Put the black-eyed peas in a large pot over high heat and cover with cold water; bring to a boil. When the water comes to a boil, remove from heat and cover for 1 hour. The Beans should be tender. Drain and rinse beans.

Using the same large pot, over medium-high heat, add soaked black-eyed peas, bacon or ham hock, onion, and red pepper. Add water or chicken broth; bring to a boil. Reduce heat to medium-low and cook for 1 1/2 to 2 hours or until the peas are tender (do not boil as the beans will burst).

Remove bacon or ham hock and cut into bite-size pieces. Return meat to pot. Remove from heat and season to taste with salt and pepper. Serve with Brown Rice.

Makes 8 servings.

