

Hoppin John

(or Black Eyed Peas and Rice)

Ingredients:

- 1 cup dried black-eyed peas, sorted and rinsed
- 1 vegetable bouillon cube
- 1 medium onions, chopped
- 1 clove garlic, minced
- 1 smoked ham hock
- 2 bundles of fresh collard greens, washed and chopped
- 1 tablespoon red pepper flakes
- 1 tablespoon dried oregano
- 1 14-ounce can of chopped tomatoes, drained
- 5 cups of water (or as much needed to cover other ingredients)
- 1 cup long-grain white rice, uncooked
- Salt and pepper



Directions:

Put the peas in a stock pot, cover with water and bring to a boil. Boil 2 minutes, then reduce heat and simmer one hour. Drain. If using bacon in place of ham hock, fry the pieces first and drain on paper towels to remove excess fat. Dissolve bouillon cube in a small amount of hot water and mix well. Place all ingredients in slow cooker, except rice, and turn to high for five hours. Stir in rice and cook one more hour. Alternatively, rice can be cooked separately and served with peas. Remove meat from bone and return meat only to pot. Season with salt and pepper to taste. Serve hot with corn bread.

http://winter-recipes.suite101.com/article.cfm/slow_cooker_black_eyed_peas

WOW Tip: *To reduce fat content, remove most of skin and fat from ham hocks or use a lean cut of ham in place of hocks.*

Black-eyed peas are "a great source of magnesium, iron, folate and protein".

<http://nutrition.about.com/od/fruitsandvegetables/p/blackeyedpeas.htm>

About Legumes: "legume is the inclusive term which refers to beans, **peas**, and lentils, but often the term "bean" is used to describe the broad category".

According to Beth Sumrell Ehrensberger, MPH, RD, "1/4 cup of cooked beans, peas, or lentils is considered equivalent to 1 oz of meat. The protein in beans is about 15 grams per cup - more or less depending on the variety - except soybeans, which pack an impressive 29 grams per cup! Beans can add variety to your menu and break the meat monotony, without skimping on protein".

Other tips about beans:

- soluble fiber in beans can help improve your cholesterol levels
- the number one food on the United States Department of Agriculture's list of 20 high-antioxidant sources of common foods is a bean
- low glycemic index keeps hunger at bay after eating, and the fiber creates a sense of fullness
- most beans have 15 grams of fiber per cup (a significant portion of the recommended daily amount)

www.healthcastle.com/beans_benefits.shtml

See page 2 for a *Black-eyed Peas and Potato Curry* recipe.

Black Eyed Peas and Potato Curry

Ingredients:

- 1 cup Black eyed peas (cowpeas), soaked overnight
- 1 onion, chopped
- 1/2 cup tomato puree
- 1/2 tsp turmeric
- 2-3 small potatoes, chopped with skins on
- 1 tsp cumin
- 1 tbsp ginger-garlic paste
- 1 tsp garam masala
- 1 cup mix of mint and cilantro (Grind this into paste along with 2-3 chillies. You can add 2-3 tbsp of grated coconut too)
- salt to taste
- 1 Bay leaf
- curry leaves for garnish



Directions:

1. Saute cumin seeds in 1/2 tsp oil. Add onions, ginger garlic, salt along with bay leaf and spices.
2. Add the potatoes, saute them for 2-3 minutes and then add drained black eyed peas.
3. Add the tomato puree and cook for another 1-2 min
4. Add sufficient water to cover the mixture - about 1 to 1-1/2 cups, close the lid and let it cook for 15-20 min.
5. Once the black eyed peas have been cooked, add the ground paste - cook for another 5 min.

Serve hot with Phulkas or rice.

<http://chefinyou.com/2009/02/black-eyed-peas-cowpeas-and-potato-curry/>

Garam Masala: "easy-to-make spice blend is the heart of most Indian dishes. A combination of different spices, it probably has as many recipes as there are families in India! Here is a basic one."

Ingredients:

- 4 tbsps coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp black peppercorns
- 1 1/2 tps black cumin seeds (shahjeera)
- 1 1/2 tps dry ginger
- 3/4 tsp black cardamom (3-4 large pods approx)
- 3/4 tsp cloves
- 3/4 tsp cinnamon (2 X 1" pieces)
- 3/4 tsp crushed bay leaves



Preparation:

1. Heat a heavy skillet on a medium flame and gently roast all ingredients (leave cardamom in its pods till later) except the dry ginger, till they turn a few shades darker. Stir occasionally. Do not be tempted to speed up the process by turning up the heat as the spices will burn on the outside and remain raw on the inside.
2. When the spices are roasted turn of the flame and allow them to cool.
3. Once cooled, remove the cardamom seeds from their skins and mix them back with all the other roasted spices.
4. Grind them all together, to a fine powder in a clean, dry coffee grinder.

Store in an air-tight container in a cool, dark place.

<http://indianfood.about.com/od/masalarecipes/r/garammasala.htm>

Phulkas: Phulkas are light puffed up unleavened Indian bread. "They are very light in texture and melt in your mouth."

<http://www.cuisinecuisine.com/Phulka.htm>