

Black-Eyed Peas

Serves 6 as a side

2 strips bacon (optional)
1 medium onion or 2 shallots, cut into small dice
4 garlic cloves, minced
4 cups fresh black-eyed peas (found in your produce section; if unavailable, use canned black-eyed peas or 3 cups dry beans, soaked overnight; see Note below)
2 to 3 cups chicken stock
1 tablespoon vegetable oil
½ cup frozen and defrosted or fresh chopped collard greens, defrosted
Kosher salt and freshly ground black pepper, to taste

1. Heat a large pot over medium-low heat. If using, add the bacon to the pot and sweat to render the fat. Allow the bacon to brown and crisp, about 10 minutes.
2. Add the onion to the pot and let sweat until they are soft, about 5 minutes.
3. Add the beans and garlic to the pot and add just enough chicken stock to cover the beans. Bring the stock to a boil, and turn down the heat to a simmer and let cook for 10 to 15 minutes, until the beans are soft.
4. Heat the vegetable oil in a separate skillet, then add the collard greens and sauté until wilted. Season with the greens with salt and pepper, then stir the finished greens into the pot with the beans and bring up to a simmer again.
5. Season with salt and pepper to taste. Serve hot with a slice of cornbread on the side.

NOTE: If you are using dried black-eyed peas, they will need to be pre-soaked overnight and then cooked longer. To rehydrate the peas, place the beans in a bowl and add water to cover them by two inches, then leave to soak overnight. When ready to use, drain and rinse the soaked beans and let them cook for 45 minutes, until soft.

Recipe courtesy of L'Academie de Cuisine Chef Sandy Patterson

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



Smithsonian
National Museum of American History
Kenneth E. Behring Center