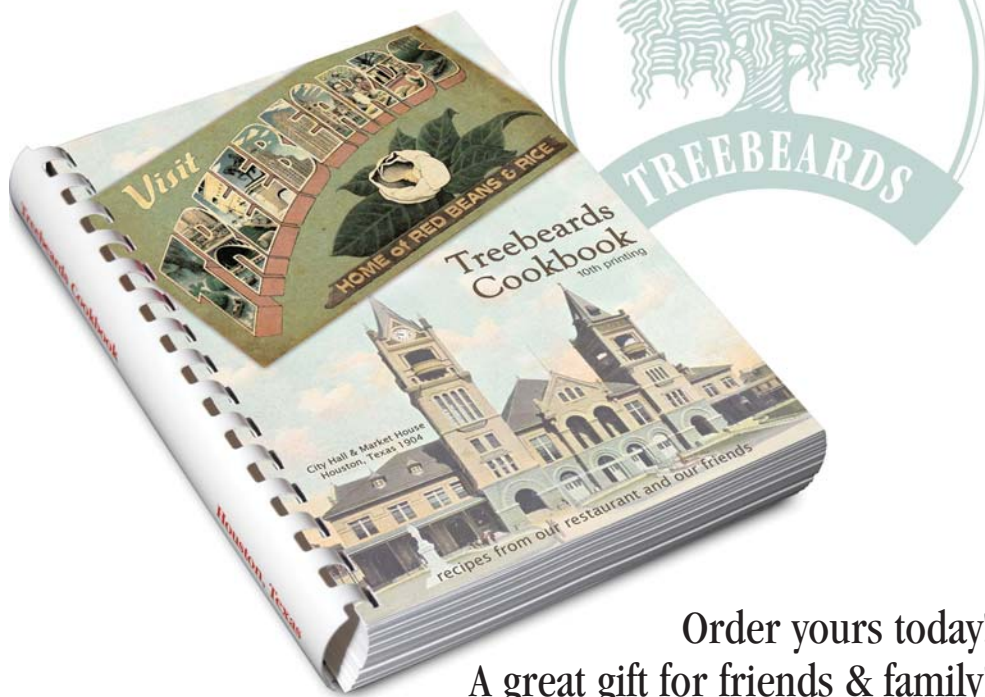


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Treebeards' Hoppin' John

Hoppin' John is a spicy black-eyed pea dish with a true, down-home goodness.

- | | |
|---------------------------------|---|
| 1/2 pound dried black-eyed peas | 1/4 teaspoon cayenne pepper |
| 5 cups water | 1/4 teaspoon salt |
| 1 1/2 teaspoons vegetable oil | 1 bay leaf |
| 1/2 cup chopped celery | 1 1/4 cups chicken broth |
| 1/2 cup chopped onion | 6 ounces cooked ham, chopped |
| 1/4 cup chopped carrot | 2 tablespoons chopped green onions (including tops) |
| 1/2 clove garlic, minced | |
| 1/4 teaspoon black pepper | |

Wash dried peas in cold running water and drain. In a 4-quart saucepan add 5 cups cold water and peas. Soak overnight. Do not drain.

In a skillet or a saucepan, heat oil and cook celery, onion, carrot and garlic.

Meanwhile, bring black-eyed peas to a boil. Reduce heat and simmer 20 minutes.

Add cooked vegetables, black pepper, cayenne pepper, salt and bay leaf. Stir in chicken broth and ham. Cover and simmer 1 1/2 hours or until black-eyed peas are tender.

Sprinkle with chopped green onions before serving.

Serve over hot rice.

Serves 6.

A little trivia:

Most food historians agree that Hoppin' John is an American dish with African/French/Caribbean roots. There are many legends that explain how Hoppin' John got its name. It is traditionally a high point of New Year's Day and often served with greens to ensure good luck and fortune throughout the year.



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