

New Year's Black Eyed Peas

From our kitchens, to yours. Easy to make; wonderful to share.
Start off 2022 with a foot forward for health and prosperity in the New Year.

BLACK EYED PEAS

Yields 6-8 servings.

Total prep time: about 20 minutes. Total time: 1 hour 20 minutes to 7 hours 20 minutes*

Ingredients

- 1 lb. dry black eyed peas
- 1 tsp. baking soda
- 3 tbsp. extra-virgin olive oil, divided
- 1 large onion, diced
- 6 cloves garlic, minced
- 2 stalks celery, diced
- 2 serrano peppers, sliced (optional)
- 1 jalapeño, deseeded and minced
- 1 tsp. kosher salt
- 1 tsp. smoked paprika
- 1 tsp. freshly ground black pepper
- 1/2 tsp. ground cayenne
- 1/2 tsp. ground white pepper
- 1/2 tsp. ground cumin
- 1/2 lb bacon
- 6 c. low-sodium chicken broth or water



Directions

- In a large bowl, combine dried black eyed peas and baking soda and add cold water to cover by at least 4". Cover and let soak for at least 6 hours and up to overnight.* Once fully hydrated, rinse beans and drain completely, set aside.
- After black eyed peas have soaked and hydrated, in a large pot over medium-high heat, heat 2 tablespoons oil. Add onions, garlic, celery, serrano (if using), jalapeño, and salt, and cook, stirring occasionally, until lightly golden, about 10 minutes.
- Push vegetables to the edge and make an empty well in the middle of the pan. Add remaining 1 tablespoon oil in the well, then add in all the spices and stir until fragrant, about 1 minute.
- Add in bacon, black eyed peas, and broth. Bring to a simmer, then reduce heat to medium-low.
- Partially cover pot with a lid, and let simmer until black eyed peas are tender, about 35 minutes. To concentrate broth, remove lid and continue cooking until liquid has reduced to desired consistency, 10 to 20 minutes more.
- Serve with greens, a dash of hot sauce, and warm cornbread with butter and honey.

Notes

*If you need to satisfy your craving same day, feel free to skip the overnight soak of the peas in favor of a quick soak - Soaking the beans in hot water for an hour will yield an identical result to an overnight soak. In a large saucepan, add the beans and cover with water by at least 2 inches. Cover with a lid and bring to a rolling boil. Remove from heat and leave to soak for 1 hour and they'll be ready to go.

You can use anything from fatback and hog jowls to ham hock and slab bacon—if you don't like or eat pork products, opt instead for some smoked turkey.

Southern U.S. tradition holds that eating black eyed peas on New Year's will bring luck and good fortune. Often served with cabbage or collard greens, black eyed peas are seen as symbolic stand-ins for coins and financial prosperity. So make it "rain" this new year, and make up a batch of delicious black eyed peas, and a side of golden cornbread (with butter and honey!) to lock down wealth and health in 2022!