

## **Pretty Peas Golden Goan Curry**

Divas of Dish - Pam Brandon and Anne-Marie Hodges  
Palm Beach Post

**Servings: 4**

**1 cup dried black-eyed peas OR two 15-ounce cans, drained**  
**3 tablespoons vegetable oil**  
**1 medium sweet onion, finely diced**  
**coarse salt (to taste)**  
**cracked black pepper (to taste)**  
**3 cloves garlic, finely minced**  
**2 tablespoons ginger paste**  
**1/2 teaspoon turmeric (or more to taste)**  
**1 teaspoon ground cumin**  
**1 teaspoon ground coriander**  
**1/2 teaspoon cayenne pepper (or more to taste)**  
**1 can petite diced tomatoes**  
**1 cup unsweetened coconut milk**  
**fresh cilantro or mint (for garnish), minced**

If using dried peas, rinse and soak them in water for 6 to 8 hours. Drain and set aside.

In a large saucepan, heat the oil over medium heat. Add the onion and saute' until golden, about 10 minutes.

Season with salt and pepper.

Add the garlic and ginger and saute' for 2 minutes.

Add the turmeric, cumin, coriander and cayenne, stirring until the spices are slightly puffed and fragrant.

Add the tomatoes and liquid, stirring until the spices are well incorporated.

If using dried peas, add with 1 1/2 cups of water. Season with salt and bring the mixture to a boil. Reduce the heat, cover and simmer for 20 minutes.

If using canned peas, add them with 1/2 cup of water and simmer for 10 minutes.

Stir in the coconut milk and simmer for 8 minutes.

Serve hot with fresh mint or cilantro.

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Per Serving (excluding unknown items): 107 Calories; 10g Fat (85.0% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat.