
Black-Eye Peas

*Mindy and Miles Millwee - Hillview Grill - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

2 1/2 pounds black-eye peas
1 1/2 cups celery, diced
1 1/2 cups bell pepper (red or green), diced
2 1/2 cups onion, diced
1 1/2 cups carrots, diced
2 cups corn
1 gallon chicken or pork stock (approx.)
1 tablespoon ground black pepper
1/4 cup ground coriander
1/8 cup ground cumin
salt (to taste)
1/2 cup vegetable oil

In a large pot, cover the peas with water. Bring to a boil.

As water boils away, replace the liquid with stock. Continue this process until the peas are fully cooked. Remove from the heat. Set aside.

In a two-gallon pan, heat oil and saute' the onion, celery, bell pepper and carrots until tender. Stir in the salt, pepper, coriander and cumin. Simmer about 10 minutes.

Add the cooked peas to the vegetable mixture. Bring to a low boil. Add the corn. Simmer for 15 minutes.

Correct the seasonings.

Serve.

Yield: 1 gallon

Side Dishes

Per Serving (excluding unknown items): 1613 Calories; 120g Fat (62.4% calories from fat); 23g Protein; 140g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 312mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 11 Vegetable; 23 Fat.