

**QUICK SOAK METHOD
FOR BLACK-EYED PEAS**

Pick over peas, and rinse thoroughly. Place peas in pressure cooker with enough water to cover by 2 inches and add 2 teaspoons of salt. Lock the lid in place and bring to high pressure over high heat. Adjust heat to maintain at high pressure and cook 4 minutes. Remove from heat and use natural release method. Open lid when no pressure remains. Drain beans and continue with recipe.

**HOW TO PRESSURE COOK
BLACK-EYED PEAS**

In pressure cooker add the beans and cover with water by 2 inches more. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 10 minutes. Remove from heat and use natural release method. OR cook 20 minutes without presoaking.

**GRANDMA'S COWPEA CAKE
WITH ORANGE FROSTING**

3 cups cowpeas (black-eyed peas), cooked as above
2 cups flour
½ teaspoon baking powder
2 teaspoons soda
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon allspice
3 eggs
2 cups sugar
¾ cup vegetable oil
1 small four-ounce jar carrots baby food
½ cup crushed pineapple (drained)
½ cup cherries (chopped)
½ cup chopped almonds

Combine flour, soda, baking powder, salt, and spices. Puree black-eyed peas in blender and measure out 2 cup. Beat eggs, add sugar, oil and vanilla. Beat until smooth. Stir in pureed peas and remaining ingredients. Pour into two greased and floured round cake pans. Bake at 350 degrees F. for 35 to 40 minutes.

Cooks Note: This recipe comes from an old family cookbook dated 1898.

ORANGE CREAM CHEESE FROSTING

1 cup butter or margarine
1 (eight ounce) cream cheese softened
1 teaspoon vanilla
2 cups sifted powdered sugar
1 teaspoon orange juice

BLACK-EYED PEAS WITH TOMATOES

1 pound dry black-eye peas
3 cups water
2 cups diced ham
salt and pepper to taste
1 pinch garlic powder
2 onions, diced
1 (8 ounce) can whole tomatoes
1 Place black-eyed peas in 8 quart pot. Add enough water to fill pot ¾ full. Add ham, salt, pepper, garlic powder and diced onions to the pot. In a small bowl, blend the tomatoes until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot and simmer on low heat for approximately 2 ½ to 3 hours, or until the peas are tender.



**AUNT LEDA'S
BLACK-EYED PEA SALAD**

4 cups cooked black-eyed peas, rinsed and drained
½ pound cooked ham, diced
3 tomatoes, seeded and diced
½ cup chopped green onions
1 medium carrot, chopped
Dressing (recipe follows)
Cook black-eyed peas as above, and toss all ingredients in large bowl.

DRESSING:

5 tablespoons olive or vegetable oil
3 tablespoons cider or red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon lemon juice
2 minced cloves garlic
1 teaspoon dried basil
1 teaspoon soy sauce
½ teaspoon dried oregano
½ teaspoon sugar
¼ teaspoon Worcestershire sauce
¼ teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon hot pepper sauce.
Shake dressing ingredients well in a jar with a tight-fitting lid. Pour over the salad and toss to coat. Cover and refrigerate for at least an hour before serving.

MISS VICKIE'S CAJUN SEASONING

2 tablespoons garlic powder
2 tablespoons red (cayenne) pepper
2 tablespoons black pepper
2 tablespoons dried basil leaves
1 tablespoon salt (optional)
1 tablespoon dried oregano leaves
1 tablespoon ground chili pepper
1 tablespoon onion powder
Combine all ingredients and store in a tightly sealed, air-tight container. Makes 3/4 cup of seasoning.

Shake and blend well, Store in a tightly covered jar.

HOPPING JOHN (VEGETARIAN)

1 ½ cups dried black-eyed peas
1 onion, peeled and chopped
1/8 teaspoon dried red pepper flakes (optional)
1 ½ cups uncooked rice
1 teaspoon salt
Chopped fresh parsley for garnish
1 large Vidalia onion or red onion, thinly sliced
Combine rice and 2 cups water in the pressure cooker. 1 ½ teaspoon Miss Vickie's Cajun Seasoning
Combine the rice, seasoning mix with 2 cup

HOPPIN ' JOHN

1 lb. dried black-eyed peas, picked and rinsed
4 teaspoons kosher (coarse) salt
5 cups hot water
2 large smoked ham hocks
1/2 cup chopped onion
1/2 teaspoon crushed red pepper
2 bay leaves
1 tablespoon garlic, chopped fine
1 cup white rice
In pressure cooker, add 5 cups hot water to the beans. Add ham hocks, onion, red pepper, bay leaves and garlic. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 8 minutes. Remove from heat and use natural release method. Open the lid and remove ham hocks, set aside to cool. Add rice and salt to pressure cooker and stir to mix through. Close lid and bring to low (10psi) pressure. Adjust heat to stabilize at low pressure. Cook 18 minutes. Release pressure using the natural release method. Remove ham from bone and mix into peas and rice. Serve with your favorite hot pepper sauce on the side for added flavor.

LAYERED POTATOES WITH BLACK-EYED PEAS

1 lb dried black-eyed peas
2 medium red onions
4 potatoes
1 tablespoon minced garlic
1 cup crème fraîche
1/2 grated cheddar cheese
rosemary, sage, nutmeg to taste
salt & pepper to taste
olive oil
Sauté onions and spices (except salt) in olive oil. Add the peas to the cooker.
. Drain beans and retain liquid. Put the oven on to 175°C Scrub and pressure-cook potatoes for 12 minutes on trivet, using same liquid from beans (add more water if level is too low). Peel and slice onions into rings about 1cm thick Slice cooked potatoes also 1cm thick In an ovenproof dish, arrange alternate slices of onion and potato round the outside In the centre fill the space with the beans. Pour no more than 250ml of the liquid from the pressure cooker over the beans (you can add a stock cube or other flavouring to this). Over the beans, sprinkle with 8 to 12 sage leaves, then cover with Crème Fraîche and sprinkle with the cheese. Then grate 1/2 a nutmeg over the Crème Fraîche. Over the potatoes and onions sprinkle with rosemary leaves and pour oil over to give a light coating. Finally season well with black pepper and place in the oven. Cook for 35 to 45 minutes until the onions are cooked and the potatoes are crisp on top.



JUNE'S BLACK-EYED PEAS AND SAUSAGE

1lb white onions, chopped
1 bunch green onions, chopped
1 green pepper, chopped
2 cloves garlic, minced
1/2 cups parsley, chopped
1 1/2 lbs salt pork, boiled once, cut into small pieces
1 1/2 lbs. hot smoked sausage, cut into 1/2in pieces
1/2 lb dried black-eyed peas, boiled until half done
Sauté onions, pepper, garlic, and parsley in the cooker with 2 tbs olive oil. Add salt meat, sausage, black-eyed peas. Cook as above.

MISS AGGIE'S BEANS'N'GREENS

1 bunch (app. 20 med. leaves) Collards
1 c Blackeyed peas, presoaked as above
1 sm Onion, chopped
1 Or 2 fresh hot peppers, Seeded and chopped
1/2 c White wine
2 Bayleaves
Put the wine in a large pressure cooker and add the rinsed beans, the bayleaves, peppers, and enough water to cover by 2 inches more. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 5 minutes. Remove from heat and use the cold water release method but don't open the lid yet. Meanwhile prepare the greens: rinse each leaf, de- vein, stack flat on top of one another, roll them up tightly, and slice across the roll several times to shred them nicely. Open the lid and add the greens, and onions to the cooker and more water if needed, mix well. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 5 minutes more. Remove from heat and use natural release method. Serve with your favorite vinegar (like apple cider, balsamic, or rice).