



Wisconsin Historical Society
P R E S S

THE FLAVOR OF WISCONSIN RECIPE

Black-eye Peas w/ Ham Hocks (African-American)

ABOUT THE RECIPE:

Nutritious black-eyed peas, the quintessential African American bean, are particularly cherished on New Year's Day, when they signify the good luck that is wished for the year ahead. When cooked or mixed with rice, the dish is called Hoppin' John.

DIRECTIONS:

- 1 Drain and rinse black-eyed peas.
- 2 Place in heavy pot with ham hocks, onion, and garlic. Barely cover with chicken stock or water. Simmer until beans are nearly tender 45 to 60 minutes.
- 3 Remove ham hocks, cool them, pull off the meat, and chop it.
- 4 Add ham, jalapenos, seasoning salt, and sugar to pot. Simmer until beans are tender.
- 5 Add salt and pepper to taste.
- 6 Smash some of the beans against inside of pot to thicken the mixture, if desired. Makes 8 servings.

INGREDIENTS:

1 lb. black-eyed peas,
soaked in water overnight

2 ham hocks

1 cup chopped onion

1 tbsp. minced garlic

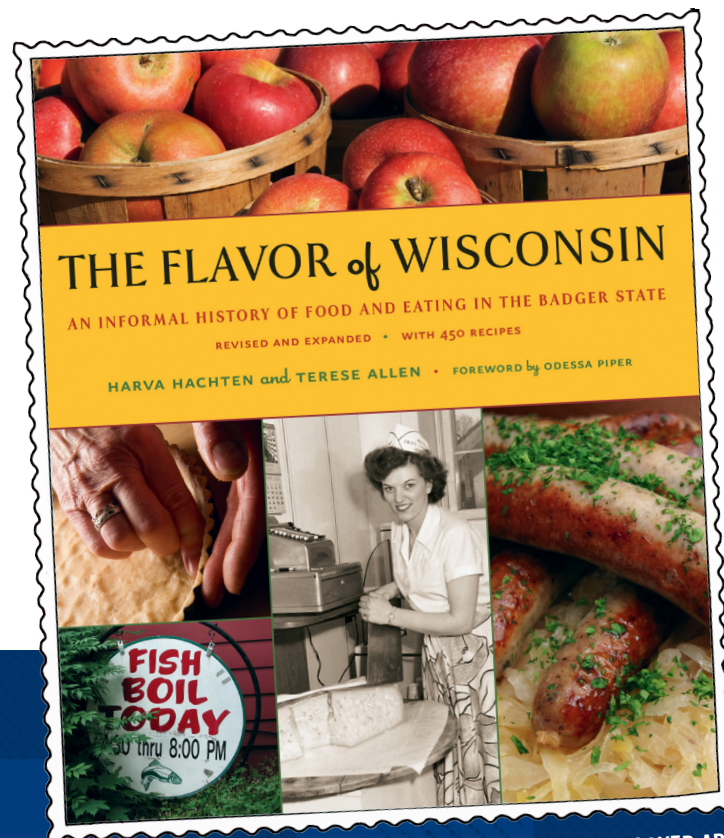
Unsalted chicken
stock or water

3 to 4 jalapenos,
chopped (optional)

2 tsp. seasoning salt

½ tsp. sugar

Salt and pepper



The Flavor of
WISCONSIN

Join the Wisconsin Historical Society's celebration of flavors that connect us to our diverse heritage in the most delicious way.

Learn more at wisconsinhistory.org/flavor

THE FLAVOR OF WISCONSIN COVER ART