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EXTENSION

NUTRITION & FOOD SAFETY

RECIPE OF THE MONTH

January



Low Country Hoppin' John

INGREDIENTS

Peas

- 2 quarts chicken or pork stock, unsalted
- 1 cup Sea Island Red Peas, soaked in a pot of water in the refrigerator overnight
- 1 1/2 cups medium dice onions
- 1 cup medium dice peeled carrots
- 1 1/2 cups medium dice celery
- 2 garlic cloves, thinly sliced
- 1 fresh bay leaf
- 10 thyme sprigs
- 1/2 jalapeño, chopped
- Kosher salt, optional

Rice

- 4 cups water
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 cup Carolina Gold Rice
- 4 tablespoons unsalted butter, cubed

Red Pea Gravy

- Reserved 1 cup cooked red peas
- Reserved 2 cups cooking liquid from the peas
- 1 tablespoon unsalted butter
- Cider vinegar
- Sliced chives or scallions for garnish

DIRECTIONS

1. Bring the stock to a simmer in a small pot. Drain the peas and add to the stock, along with all of the remaining ingredients except the salt. Cook the peas, partially covered, over low heat until they are soft, about 1 hour. Season to taste with salt, if desired. (The peas can be cooked ahead and refrigerated in their liquid for up to 3 days; reheat, covered, over low heat before proceeding.)
2. Drain the peas, reserving their cooking liquid, and measure out 1-cup peas and 2 cups liquid for the gravy; return the rest of the peas and liquid to the pot and keep warm.
3. About 45 minutes before the peas are cooked, preheat the oven to 300°F.
4. Bring the water, salt, and cayenne pepper to a boil in a large saucepan over medium-high heat. Reduce the heat to medium, add the



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rice, stir once, and bring to a simmer. Simmer gently, uncovered, stirring occasionally, until the rice is al dente, about 15 minutes.

5. Drain the rice in a sieve and rinse under cold water. Spread the rice out on a rimmed baking sheet. Dry the rice in the oven, stirring occasionally, for 10 minutes. Scatter the butter evenly over the rice and continue to dry it, stirring every few minutes, for about 5 minutes longer. All excess moisture should have evaporated and the grains should be dry and separate.
6. Put the 1 cup peas, 2 cups cooking liquid, and the butter in a blender and blend on high until smooth, about 3 minutes. Add cider vinegar to taste. (The gravy can be made up to 3 days ahead and kept in a covered container in the refrigerator; reheat, covered, over the lowest possible heat, stirring occasionally to prevent scorching.)
7. Use a slotted spoon to transfer the peas to a large serving bowl. Add the rice and carefully toss the rice and peas together. Pour the gravy over them, sprinkle with chives or scallions, and serve.
8. In a 4-quart Dutch oven heat oil over medium heat. Add onion and cumin; cook about 5 minutes or until onion is tender, stirring frequently. Add broth, tomatoes, chicken, corn, and chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.
9. To serve, divide crushed tortilla chips among soup bowls. Ladle soup into bowls over chips. Top with cilantro. If desired, sprinkle with cheese and serve with lime wedges. Serves 8

Lowcountry Hoppin John

Nutrition Facts	
Serving Size: 1 cup (0.0g)	
Servings Per Container: 8	
Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 460mg	19%
Total Carbohydrate 39g	13%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 12g	
Vitamin A 110%	Vitamin C 10%
Calcium 6%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g