



Black Eyed Peas with Coconut Milk

5pm - 6pm | 02.25.2021 *Recipe: Adapted from Marcus Samuelsson*

Serves 8 / Prep time 15 minutes / Cook time 30- 35 minutes

CLASS FOCUS: We will explore the history of black eyed peas, it's name and origin. We will learn about its nutritional value and share other recipe ideas. We will talk about the folklore of how it became an African American New Year's meal tradition.

INGREDIENTS:

- 2 cups dried black-eyed peas cooked or 3 cans of beans
- 1 cup coconut milk
- 1 cup chicken stock or broth
- 4 TBSP unsalted butter
- 1 large red onion, medium chopped
- 1 1/2 TBSP minced peeled fresh ginger
- 3 medium tomatoes, chopped
- 1/3 cup chopped cilantro
- 2 scallions, thinly sliced
- 3 garlic cloves, minced
- 1/2 tsp each paprika, cayenne, cinnamon & allspice
- 1 teaspoon ground turmeric
- Kosher salt

DIRECTIONS

- **Step 1** In a large saucepan, melt the butter. Add the onion, ginger, garlic & chile and cook over moderate heat, stirring occasionally, until softened and just starting to brown, about 10 minutes.
- **Step 2** Add all the spices and turmeric and cook, stirring, until fragrant, about 3 minutes. Add the tomatoes & cook, stirring, until softened, about 5 minutes.
- **Step 3** Stir in the coconut milk & stock and bring to a boil. Simmer over moderately low heat, stirring occasionally, until the tomatoes break down and the sauce is thickened, about 20 minutes.
- **Step 4** Add the peas to the sauce and cook over moderately low heat, stirring, until the peas are lightly coated, about 10 minutes. Taste and adjust the salt as needed. Fold in the cilantro and scallions and serve.

TOOLS

- Large saucepan 3- 5 qt
- Chef's knife
- Measuring + wooden spoons
- Box grater
- Cutting board
- 3-4 bowls

TIPS



1. Most ingredients can be found in any supermarket in Massachusetts. We like to support [Tropical Foods](#) in Roxbury, they carry all the ingredients on this list and are independently owned.
2. When choosing your coconut milk, be sure the can says “milk” and not “cream”. And be sure it's unsweetened as well.
3. You can make your own stock by boiling vegetable scraps and water, or a bullion cube and water.
4. This stew can be served as an entree with rice or a grain such as couscous, or enjoyed as a side dish.
5. **If you're using dried black eyed peas, please follow this step at least 1 hour ahead of class.** In another large saucepan, cover the peas with water and bring to a boil. Simmer over moderately low heat until tender, about 40 minutes. Add a generous pinch of salt and let stand for 5 minutes, then drain well.

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