

Peas

Garbanzo beans, also known as chick-peas, are white, round and have a nutty flavor. They are most popular in salads.

Black-eyed peas, also known as cow peas, are primarily used as a main-dish vegetable in the South.

Dry peas may be bought split or whole. Split peas do not require soaking before cooking but whole peas do.

Green dry peas have a more distinct flavor than yellow peas. They can be used interchangeable in recipes for soups, pureed in dips, or as a boiled vegetable.

Southern Baked Pork and Beans

1 lb. dried pea or marrow beans	1 lb. lean salt pork,
6 cups water	in one piece
1/4 to 1/2 teaspoon crushed hot	2 teaspoons worcester-
peppers or dash of cayenne	shire sauce
1 small onion, sliced	1/4 cup catsup
1 clove garlic, minced	1/4 cup molasses
1 bay leaf, crumbled	1 teaspoon dry mustard
1 teaspoon salt	1/4 cup brown sugar
1/8 teaspoon pepper	
1/4 cup minced onion	

Sort and wash beans. Put in large kettle and add water. Bring to a boil and boil hard for 2 min. Let stand covered 1 hour on stove. Add hot pepper, onion, garlic, bay leaf and pork. Bring to boil again, reduce heat and simmer 1 hour or until tender but not mushy. Drain, reserving liquid. Skim off fat to 1 cup liquid. Add remaining ingredients except brown sugar, mixing well. Put beans in 2 qt. shallow baking dish. Pour in the one cup seasoned liquid mix. Remove any rind on pork. Cut into 8 or more slices. Arrange on top of beans. Sprinkle with brown sugar. Bake uncovered at 400 degrees for 1 1/4 hrs. (about). Add liquid if necessary during baking. Bake until pork and beans are glazed brown.

-JoAnn McGlamery
Benning Hills

Hoppin' John

1 cup black eyed peas	1 tablespoon oil
1 teaspoon salt	4 tomatoes, peeled & chopped
1 cup long grain rice	1/2 teaspoon cayenne pepper
1 onion, chopped	black pepper to taste

Cook the peas in lightly salted water for one hour. Add the rice and continue to simmer. Meanwhile, cook the onion in the oil until soft, but not brown. Stir in the

tomatoes, salt, cayenne and pepper. Add this to the rice and peas. Cover and simmer on the lowest heat for 15 min., until liquid is absorbed and the peas are tender but still whole. Any leftovers are good served as a salad with oil and lemon, some raw onion rings and chopped parsley.

-Vienna Norton
Albany Ward

Naked Children in the Grass

Try it and you will see why it got its name.

3 cups cooked garbanzos, drained	Combine all these
1 small onion, sliced	ingredients. Pour
1/4 lb. mushrooms, sliced	dressing (recipe
1 cup french cut green beans,	below) over this
cooked and drained	mixture and chill
1/2 green pepper, cut in strips	until serving.

Lebanese Salad Dressing

1/3 cup olive oil	1/2 teaspoon salt
1/3 cup lemon juice	dash pepper
1 clove garlic, minced	

Combine all ingredients in a small jar with screw-top lid. Shake well. If possible, allow to stand for a short time before serving.

-Vienna Norton
Albany Ward

Black-eyed Fritters

1 1/2 cups drained cooked	1 clove garlic, minced
black-eyed peas	1 egg, beaten
Creole dipping sauce (below)	1/3 cup flour
oil for deep frying	1/4 teaspoon salt
1 slice bacon	1/8 teaspoon pepper
2 tablespoons onion, chopped	
pinch of dried thyme	

Prepare black-eyed peas and dipping sauce. Mash peas with potato masher until chunky. Fry bacon & drain on paper towel. In grease, saute onion and garlic. Combine onion mixture with peas; stir in egg. Add flour, salt, pepper & thyme. Drop by teaspoons into hot oil (350 degrees in deep fryer. Fry until golden brown. Serve with:

Creole Dipping Sauce

1 tablespoon finely chopped onion	1 8 oz. can tomato
1 clove garlic, minced	sauce
2 T. finely chopped green pepper	1/2 tsp. salt & sugar
1 T. vegetable oil	1/4 tsp. dried thyme

Saute vegetables in oil. Add other ingredients. Simmer covered for 10 min. Serve warm. Makes 1 cup.