

Black-eyed peas - suggestions for cooking and serving

Black-eyed peas originated in Africa, and were brought here as a result of the African slave trade. So the best recipes are found in the cuisines of Africa and the Southern States of the USA, where there is also a melding of the Spanish and Mexican cuisines. Onions or garlic and tomatoes with or without chili peppers are a frequent basis for the flavorful vegetable mixes used to dress the black-eyed peas after they have been cooked to the desired tenderness.

Cooked black-eyed peas have an easy delicate flavor and they can be prepared very simply as a warm vegetable dish or a cool bean salad: cooked beans dressed with salt, black pepper, apple cider vinegar, olive oil and crushed rosemary.

To prepare and cook Black-eyed peas

- Allow up to half a cup of dried black-eyed peas per serving.
- Check for the presence of any debris and rinse to remove any dust.
- Soak the black-eyed peas in enough water to generously cover them, for 8-12 hours.
- Transfer the soaked black-eyed peas and the soaking water to a saucepan, with an optional loosely fitting lid. *Some people like to replace the soaking water with a fresh supply.*
- Bring black-eyed peas and water to a boil and then simmer the beans until just tender or mushy according to your taste, in just 10-20 minutes.

Note: no salt or any kind of flavoring is added until the black-eyed peas are cooked to the desired tenderness.