



Ham Cuisine

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Black-Eyed Peas & Ham

Black-eyed peas have long been a tradition for the New Year's table. They supposedly bring good luck for the coming year, and eating them shows "humility". Some Southerners have been rumored to eat one pea for each day of the year to insure good fortune! They are a humble food, therefore, eating them represents humility. They make a nice side dish served with cornbread, ham and greens.

Ingredients:

1 pound dried blackeyed peas
2 ham hocks or a ham bone with ham left on it
Pepper to taste
onions, sliced
hot sauce

Cooking Directions:

Place the ham bones or hocks in a crockpot, add the peas after they have been rinsed (but not soaked), and cover with water completely. Cook all day on low, or 4 or 5 hours on high. Crockpots vary, so keep checking. You may need to add more water. Stir a couple of times while checking. Season with pepper and serve with slices of onion and hot sauce-a smooth cayenne variety.

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