



*There are dozens of interpretations of this classic New Year's Day dish, both regional and personal. There are also differences of opinion on the best way to prepare it. Do you cook the rice with the peas or separately? Is it a stew or a soup? We have chosen to cook the rice with the peas, and we shaded the dish toward soupy so that you have "pot likker" to mop up with your corn bread.*

## Hoppin' John

- 1 pound dried black-eyed peas
- 1 small smoked ham hock (about 1/2 pound)
- 2 bay leaves
- 2 cloves garlic, smashed and peeled
- 10 cups water
- 1/2 pound fresh spicy chorizo sausage  
or spicy Italian sausage
- 1 cup rice
- 1 teaspoon salt
- 1 cup sliced scallions (6 to 7)
- 1 large red bell pepper, diced



1. Soak the black-eyed peas overnight in water to cover by 2 inches. Drain well.
2. In a large pot, combine the drained black-eyed peas, ham hock, bay leaves, garlic and water. Bring to a boil, reduce to a high simmer, partially cover and cook until the peas are almost tender, about 45 minutes.
3. Meanwhile, prick the chorizos in several places with the tines of a fork. Fill a medium skillet with about 1/8 inch of water. Add the sausages and bring to a boil over medium-high heat. Cook the chorizos until cooked through, about 10 minutes. Set them aside and discard the cooking juices. When cool enough to handle, cut the sausages into 1/2-inch dice.
4. Add the chorizos, rice and salt to the pot, re-cover and cook until the rice is tender, about 20 minutes. Stir in the scallions and bell pepper about 10 minutes before the rice is done. If desired, pull off any meat from the ham hocks and add to the pot. Discard the bay leaves.

Makes 10 servings

Total time: 1 hour 5 minutes, plus overnight soaking

Per serving: 344 calories, 10 g fat, 46 g carbohydrates (7.6 g fiber), 18 g protein.

