

### QUICK SOAK METHOD FOR BLACKEYED PEAS

Pick over peas, and rinse thoroughly. Place peas in pressure cooker with enough water to cover by 2 inches and add 2 teaspoons of salt. Lock the lid in place and bring to high pressure over high heat. Adjust heat to maintain at high pressure and cook 4 minutes. Remove from heat and use natural release method. Open lid when no pressure remains. Drain beans and continue with recipe.

### HOW TO PRESSURE COOK BLACKEYED PEAS

In pressure cooker add the beans and cover with water by 2 inches more. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 10 minutes. Remove from heat and use natural release method. OR cook 20 minutes without presoaking.

### GRANDMA'S COWPEA CAKE WITH ORANGE FROSTING

3 cups cowpeas (blackeyed peas), cooked as above  
2 cups flour  
½ teaspoon baking powder  
2 teaspoons soda  
½ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon allspice  
3 eggs  
2 cups sugar  
¾ cup vegetable oil  
1 small four-ounce jar carrots baby food  
½ cup crushed pineapple (drained)  
½ cup cherries (chopped)  
½ cup chopped almonds  
Combine flour, soda, baking powder, salt, and spices. Puree blackeyed peas in blender

and measure out 2 cup. Beat eggs, add sugar, oil and vanilla. Beat until smooth. Stir in pureed peas and remaining ingredients. Pour into two greased and floured round cake pans. Bake at 350 degrees F. for 35 to 40 minutes.  
*Cooks Note: This recipe comes from an old family cookbook dated 1898.*

### ORANGE CREAM CHEESE FROSTING

1 cup butter or margarine  
1 (eight ounce) cream cheese softened  
1 teaspoon vanilla  
2 cups sifted powdered sugar  
1 teaspoon orange juice

### BLACKEYED PEAS WITH TOMATOES

1 pound dry black-eye peas  
3 cups water  
2 cups diced ham  
salt and pepper to taste  
1 pinch garlic powder  
2 onions, diced  
1 (8 ounce) can whole tomatoes  
1 Place black-eyed peas in 8 quart pot. Add enough water to fill pot ¾ full. Add ham, salt, pepper, garlic powder and diced onions to the pot. In a small bowl, blend the tomatoes until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot and simmer on low heat for approximately 2 ½ to 3 hours, or until the peas are tender.



**AUNT LEDA'S  
BLACKEYED PEA SALAD**

4 cups cooked black-eyed peas, rinsed and drained  
½ pound cooked ham, diced  
3 tomatoes, seeded and diced  
½ cup chopped green onions  
1 medium carrot, chopped  
Dressing (recipe follows)  
Cook blackeyed peas as above, and toss all ingredients in large bowl.

**DRESSING:**

5 tablespoons olive or vegetable oil  
3 tablespoons cider or red wine vinegar  
1 tablespoon Dijon mustard  
1 tablespoon lemon juice  
2 minced cloves garlic  
1 teaspoon dried basil  
1 teaspoon soy sauce  
½ teaspoon dried oregano  
½ teaspoon sugar  
¼ teaspoon Worcestershire sauce  
¼ teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon hot pepper sauce.  
Shake dressing ingredients well in a jar with a tight- fitting lid. Pour over the salad and toss to coat. Cover and refrigerate for at least an hour before serving.

**MISS VICKIE'S CAJUN SEASONING**

2 tablespoons garlic powder  
2 tablespoons red (cayenne) pepper  
2 tablespoons black pepper  
2 tablespoons dried basil leaves  
1 tablespoon salt (optional)  
1 tablespoon dried oregano leaves  
1 tablespoon ground chili pepper  
1 tablespoon onion powder  
Combine all ingredients and store in a tightly sealed, air-tight container. Makes 3/4 cup of seasoning.

Shake and blend well, Store in a tightly covered jar.

**HOPPING JOHN (VEGETARIAN)**

1 ½ cups dried black-eyed peas  
1 onion, peeled and chopped  
1/8 teaspoon dried red pepper flakes (optional)  
1 ½ cups uncooked rice  
1 teaspoon salt  
Chopped fresh parsley for garnish  
1 large Vidalia onion or red onion, thinly sliced  
Combine rice and 2 cups water in the pressure cooker. 1 ½ teaspoon Miss Vickie's Cajun Seasoning  
Combine the rice, seasoning mix with 2 cup

**LENTIL CREAM PIE**

2 cups lentil puree 500 ml  
2 eggs  
¾ cups honey 175 ml  
1 teaspoon cinnamon 5 ml  
½ teaspoon ginger 2 ml  
½ teaspoon nutmeg 2 ml  
½ teaspoon salt 2 ml  
¾ cup milk 175 ml  
2 tablespoon flour 25 ml  
Place beans in pressure cooker with 6 cups water and bring to pressure over high heat. Lower heat and cook for 20 minutes, quickly release pressure and rinse beans. Drain well and puree. Mix above ingredients and pour into two unbaked pie shells. Bake at 325° for 45 - 50 minutes, or until firm. Cool, and top with whipped cream and pecans



### HOPPIN ' JOHN

1 lb. dried black-eyed peas, picked and rinsed

4 teaspoons kosher (coarse) salt

5 cups hot water

2 large smoked ham hocks

1/2 cup chopped onion

1/2 teaspoon crushed red pepper

2 bay leaves

1 tablespoon garlic, chopped fine

1 cup white rice

In pressure cooker, add 5 cups hot water to the beans. Add ham hocks, onion, red pepper, bay leaves and garlic. Lock the lid and bring to 15psi pressure over high heat. Adjust heat to maintain at high pressure. Cook 8 minutes. Remove from heat and use natural release method. Open the lid and remove ham hocks, set aside to cool. Add rice and salt to pressure cooker and stir to mix through. Close lid and bring to low (10psi) pressure. Adjust heat to stabilize at low pressure. Cook 18 minutes. Release pressure using the natural release method. Remove ham from bone and mix into peas and rice. Serve with your favorite hot pepper sauce on the side for added flavor.



### LAYERED POTATOES WITH BLACKEYED PEAS

1 lb dried black-eyed peas

2 medium red onions

4 potatoes

1 tablespoon minced garlic

1 cup crème fraîche

1/2 grated cheddar cheese

rosemary, sage, nutmeg to taste

salt & pepper to taste

olive oil

Sauté onions and spices (except salt) in olive oil. Add the peas to the cooker.

. Drain beans and retain liquid. Put the oven on to 175°C Scrub and pressure-cook potatoes for 12 minutes on trivet, using same liquid from beans (add more water if level is too low). Peel and slice onions into rings about 1cm thick Slice cooked potatoes also 1cm thick In an ovenproof dish, arrange alternate slices of onion and potato round the outside In the centre fill the space with the beans. Pour no more than 250ml of the liquid from the pressure cooker over the beans (you can add a stock cube or other flavouring to this). Over the beans, sprinkle with 8 to 12 sage leaves, then cover with Crème Fraîche and sprinkle with the cheese. Then grate 1/2 a nutmeg over the Crème Fraîche. Over the potatoes and onions sprinkle with rosemary leaves and pour oil over to give a light coating. Finally season well with black pepper and place in the oven. Cook for 35 to 45 minutes until the onions are cooked and the potatoes are crisp on top.

### LENTIL SONATA SOUP

¼ cup olive oil  
1 cup chopped onion  
3 garlic cloves  
1 cup. EACH sliced/chopped carrots, green pepper, & mushrooms  
2 ¼ cups lentils  
1 large can tomatoes (approx. 28 oz.)  
1 large bay leaf crumbled  
1 teaspoon thyme  
1 - 2 tablespoons Spike (hot sauce)  
1 teaspoon vegetable broth powder  
7 cups water  
salt (optional) and black pepper  
fresh lemon juice  
cilantro (optional)  
Sauté the the onions in the olive oil until slightly tender over medium high heat, then add the carrots, green pepper, mushrooms, garlic, bay leaf, and thyme. Gently sauté for a few more minutes, then add the can of tomatoes, lentils and water, breaking up the tomatoes with a large spoon or spatula. Turn the heat on high. Sprinkle in the Spike, salt, and black pepper. Pressure Cooker Instructions: Now, this is the time to pop on the lid, and cook on high pressure according to the manufacturer's directions. You want to pressure cook the soup for about 18 -25 minutes, but DON'tablespoon overcook. Garnish the soup with freshly squeezed lemon juice, cilantro, and freshly ground black pepper.  
Serves: 8

### SPLIT PEA CASSEROLE

½ pound split peas  
oregano, thyme, garlic, onion, dry mustard, ginger, dill to taste  
1 tablespoon horseradish  
1 tablespoon vegan bacums (bacon-like crumbs)  
1 can mushrooms  
1 cup frozen shredded potatoes  
¾ cup frozen mixed vegetables  
½ pound frozen broccoli and cauliflower  
1 can salt free cream style corn  
4 cups water  
Morton salt substitute  
This is a staple, substantial protein, low-sodium main dish. Rinse split peas, put in pressure cooker with all seasonings and water. Combine that cooked mixture with the mushrooms, potatoes, mixed vegetables, broccoli and cauliflower, and cream style corn. Cook for about 12 min without pressure to heat thoroughly. Lightly sprinkle top surface of cooked food with salt and mix well. If refrigerated promptly this keeps for about a week. When you serve a portion that has been chilled, add ¼ cup water before heating (microwave 2 minutes if taken from refrigerator) and mix if you do not want it very thick. (I pack this to school in the morning, mix with water, and heat for lunch without having to refrigerate it.) Serves: 5-6



### LEBANESE CHICKPEA SALAD

1 cup of dried chick-peas which have been soaked in water overnight  
3 ½ cups of water  
¾ cup of bulgur  
1 bunch of scallions, both green and white portions, chopped  
2 tablespoons of fresh mint leaves, minced  
¼ cup of flat leaf parsley, minced  
¼ cup of fresh lemon juice  
¼ cup of extra virgin olive oil  
1 teaspoon salt  
freshly ground black pepper to taste  
¼ teaspoon ground cinnamon  
romaine lettuce leaves for serving  
Drain the soaked chick-peas and place them in a saucepan with the fresh water. Bring them to a boil, then cover the saucepan and lower the heat. Simmer until tender but not falling apart. This may take about 30 minutes depending on the age of the beans. Cover the bulgur in a bowl with warm water. The bulgur should be underneath about one inch of water. Set it aside to soak for about 20 minutes. Drain the bulgur in a sieve, pressing on it to extract as much water as possible. Spread a clean kitchen towel on the counter and turn the bulgur out onto the towel. Squeeze it inside the towel to extract as much of the remaining liquid as you can. Add the scallions, mint, and parsley to the bulgur and mix well with your hands, squeezing it to help release the flavor. Add the chick-peas, lemon juice, oil, and seasonings. Stir to mix well. Cover this mixture and set it aside for at least a half-hour to let the flavors develop. This dish is lovely served on a platter surrounded by romaine lettuce leaves.  
They can be used to scoop up the salad.

### GREEN LENTILS WITH CILANTRO & MINT

3 tablespoon vegetable oil  
½ teaspoon cumin seeds  
½ teaspoon black or yellow mustard seeds  
1 pinch ground asafetida, optional  
3 dried, hot red chilies  
1 small onion, peeled and cut into fine half rings  
2 clove garlic, peeled and chopped  
1 medium sized tomato, chopped  
1 cup whole green lentils  
¾ teaspoon salt  
1 teaspoon ground coriander  
½ cup chopped fresh cilantro  
½ cup chopped fresh mint  
Put the oil in a pressure cooler and set over medium-high heat. When the oil is hot, put in the cumin and mustard seeds. As soon as the mustard seeds begin to pop, this takes just a few seconds, put in the asafetida and the red chilies. Stir once. Put in the onion, garlic, and tomato. Stir for about 2 minutes or until the onion browns a bit. Now put in the lentils, 3 ½ cups water, salt, ground coriander, cilantro, and mint. Stir and bring to a simmer. Cover, turn the heat to high, and bring up to pressure. Turn the heat down low and cool at full pressure for 15 minutes. Take off the heat and reduce the pressure with cool water. Stir and serve. 4 Servings



### BIG SOUP OF SPLIT PEAS

4 tablespoon {1/2 stick} unsalted butter  
 1 tablespoon vegetable oil  
 1 jumbo Spanish onion; finely, diced  
 2 carrots; finely chopped  
 2 stalks celery; finely diced  
 1 tablespoon minced garlic  
 2 tablespoon curry powder  
 1 teaspoon freshly ground black pepper  
 1 lb green split -peas  
 2 teaspoon salt  
 1 teaspoon dried thyme  
 4 cups chicken stock or water or combination  
 1 large smoked hambone or smoked ham hock; In a large, heavy pot, combine butter and oil over medium heat until butter melts. Add onion and cook, stirring often, until onion is golden, 15 to 20 minutes. Add carrots, celery, and garlic; cook, stirring, until softened, about 5 minutes. Add curry powder and pepper; cook, stirring, for 2 minutes to release flavors. Add split peas, salt, thyme, stock or water, and hambone or ham hock. Cover pot, increase heat and bring to a boil. Reduce heat to very low and simmer, stirring occasionally, until split peas fall apart and soup is very thick, about 2 hours. If soup is too thick, add more stock or water. Remove bone or hock from soup. Dice any meat and return it to pot. Serve in heated soup bowls.

### DUTCH SPLIT PEA SOUP

6 cup broth OR half broth and water  
 1 large leek, cleaned and chopped  
 2 cups split peas  
 2 medium potatoes, peeled and diced  
 1 small turnip, diced,  
 1/2 cup finely chopped celery and leaves  
 1 large carrot, chopped  
 1 teaspoon . winter savory, crumbled  
 1/2 teaspoon white pepper  
 Dash liquid smoke

Sour cream

Rinse peas and combine with broth (+ water and powdered broth, if using) in large pot; bring to boil; stir in leek and sea salt; cover and simmer 1 hour. Add vegetables, savory, pepper, and liquid smoke. Simmer 45 minutes to 1 hour longer, until soup is thick and rich and vegetables are tender. Puree part or all, if desired. Freezes well if pureed. Serve with dollops of sour cream.

### LENTIL SOUP

1 pound lentils  
 1/4 cup olive oil  
 2 medium size onions, minced  
 3 garlic cloves, crushed  
 6 cups chicken broth of water  
 2 carrots, finely diced  
 1 cup coarsely chopped celery  
 1/4 cup tomato paste  
 1 tablespoon brown sugar  
 1-1/2 teaspoon salt  
 3/4 teaspoon white pepper (added some Bermuda Sauce instead )  
 2 bay leaves  
 1 teaspoon dried tarragon  
 2 tablespoon white wine vinegar ( I use Balsamic)  
 Place lentils in a bowl.\*\*\*\*\* Add enough water to measure 2 inches above lentils. Soak 4 hours. Drain. In PC, heat oil. Add onions and garlic and sauté in hot oil 3 - 4 minutes. Stir in drained lentils. Add broth, carrots, celery, tomato paste, brown sugar, salt, pepper, bay leaves, and tarragon. Stir well. Secure lid. Over HI heat, develop steam to HI pressure. Reduce heat to maintain pressure and cook 1/2 minutes. I have never been big on legumes, but I just love this. You must try it. It also freezes well. For a variation: I added some cut up Kielbasa the last 5 minutes.