Southern Depression Era Dishes

Hoppin’ John

This dish is served on New Year’s in the South
Serves 4-6

1 sliced onion
Olive oil
½ bag frozen red pepper or 1 fresh chopped red pepper
1 clove garlic, minced
1 pound dried black-eyed peas or 2 bags frozen
½ pound salt pork. I use a pound of sliced chicken sausage
1 quart water or chicken broth
1 spring fresh thyme
Salt and pepper to taste
1 ½ cups raw long-grain rice

Assume you are using frozen black-eyes peas

- Heat 2 T. olive oil in a large stock pot
- Add onion and cook till golden
- Add peas, broth, salt and pepper, chopped pepper and thyme
- Cook 40 minutes
- Adjust the seasonings

I serve this dish over rice. In some recipes the rice is added to the peas. I prefer to avoid soggy rice.
Cornmeal Muffins

18 muffins

1 cup yellow cornmeal
1 cup all-purpose flour
2 t. baking powder
1 t. baking soda
¾ t. salt
2 to 4 T. sugar
1 egg beaten
1 ¼ cups commercial sour cream
¼ cup shortening, melted.

- Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- Combine egg, sour cream, and shortening; add to dry ingredients, stirring until moistened.
- Spoon into greased muffin pans, filling two-thirds full.
- Bake at 425 degrees f or 15 minutes or until golden brown
- Remove immediately from pans.
- Yield 1 ½ dozen.

Sweet Tea

From “The Sundial” magazine

Makes 3 quarts

Simple Syrup
4 cups sugar
2 cups water
8 oranges, sliced

Tea
3 quarts brewed tea
Ice

- To prepare the syrup, combine the sugar, water, and oranges and simmer for 15 minutes. Let cool. You can leave out the oranges, if you wish.
- Brew the tea. Add ice and sweeten to taste with the syrup. Chill before serving. Add mint leaves, if you wish.