



Season 10 - Episode 1001

## 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 for 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.