



CS Hopping John

Source: adapted from *Foodnetwork* and others

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Bob and Robin Young *The Captain's Shack*

PDF: CS-Hopping-John.pdf

Serves: 12 Prep: 15 min Cook: 1 hr 40 min

Total: 1 hr 55 min

Note: Hopping (Hoppin') John is a dish traditionally eaten in the southern United States on New Year's Day. Dating back to the early 1800s, it is made with black-eyed peas (aka cow peas), rice, bacon and ham hocks. The meal can also include cornbread. You can substitute collard greens for the chard, if you wish. The first written recipe for Hoppin' John appeared in "The Carolina Housewife" (1847), and was written by Charlestonian Sarah Rutledge. The simple recipe called for one pound of bacon, one pint of peas and one pint of rice cooked in a single pot. This recipe can easily be adjusted to fit your serving needs.

Ingredients:

6 slices Bacon, diced and fried crisp. Reserve fat

6 c unsalted Chicken Stock

1 c Water

2-3 lbs Ham Hock

1 med Poblano, diced

Celtic Sea Salt and fresh ground Black Pepper, to taste

1 med White Onion, diced

4 Bay Leaves

2 T Thyme, dried

4 cloves Garlic, diced

1/2 c Basmati Rice

32 oz canned Black-Eyed Peas, lightly rinsed

1 bunch Rainbow Chard, chopped leaves and diced stems. Keep diced stems separate.

3 Green Onions chopped, including greens for garnish

Directions:

Fry bacon until crisp. Reserve fat and set the bacon aside

Add the chicken stock and water to a large stock pot. Add the next 7 ingredients, including the diced chard stems, to the pot and simmer for 60 to 80 minutes until the ham hock is "falling off the bone" tender.

After the ham hocks have simmered and are tender, pull the hocks from the liquid and remove the meat from the bone. Discard the fat. Add to the stock pot along with the bacon pieces, black-eyed peas, rice and chopped chard leaves. Add some of the bacon drippings, about 3 T. Simmer for another 20 minutes until the rice is cooked.

Serve in a bowl with chopped onions on top. Cornbread goes well with this, too.

