



*earth's
fruit
comes
full
circle*

Good Luck Cajun Black-Eyed Peas

Serves 8-12

Ingredients -

1 16-oz bag of Black-eyed Peas
1 large red onion, chopped
3 cloves of garlic, sliced
3 multi-colored bell peppers, coarsely chopped
4 jalapeno peppers, seeded and chopped
4 Cajun Style Andouille Smoked Pork Sausage, quarter-inch chopped*
32-oz can of beef broth
1 tablespoon of Worcestershire Sauce

2 14-oz cans of diced tomatoes with their juice

Add your favorite spice mix. We use our McDowell Mountain Spice Mix that we will be selling soon on the LDV website. But if you don't have that use your favorite Cajun spice mix.

Salt and freshly ground pepper to taste

Optional: Additional Cayenne pepper to taste for extra spice

* We use Chef Bruce Aidells fully cooked Cajun Style Andouille smoked pork sausage because the port is raised without hormones; it is gluten free, and no added MSG. You can find it in most supermarkets.

Prepare Peas -

Rinse the peas in cold water several times and pick out any discolored peas or stones. Soak the peas in cold water overnight or at least 4 to 6 hours. You need to do this because they are hard and need to be rehydrated.

Cook Peas -

Sauté in olive oil (in a large pot with cover) the chopped red onion for about five minutes. Add the three cloves of sliced garlic and coarsely chopped bell peppers. Add the chopped and seeded jalapeno peppers. Add the sliced Andouille sausage. Simmer on low heat until vegetables soften about 20 minutes.

Add the liquids - beef broth, diced tomatoes with their juice, and Worcestershire Sauce. Add approximately 2 tablespoons of spice mix. Add extra Cayenne pepper (if desired extra spice). Salt and Pepper to taste. Add drained and rinsed black-eyed peas.

NOTE: you may have to add water at this time; peas need to be covered but you don't want this dish to be a soup.

Cook covered until peas are soft, approximately two hours on low heat. You may have to add a little water as the peas cook. Serve with slices of warm, crusty bread for lunch.

Wine Pairing Suggestion -

Our recipe for Good Luck Cajun Black-eyed Peas is made every New Year's Day and served for lunch. We serve a steaming bowl of the peas with slices of good crusty bread and a crisp white wine. The black-eyed peas pair well with a chilled Gewürztraminer, Riesling, or a LDV Viognier. It is important to enjoy a wine that can hold up to the spice of these peas. These white wines are crisp and fruity with a little spice that pair well with the spiciness of the peas; just like they would do well with Thai food. But your favorite cold beer would also pair nicely.

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