

Black Eyed Peas

Shell early in the Morning, keep in Water until an Hour before Dinner, then put into boiling Water, covering close while cooking. Add a little Salt just before taking from the Fire. Drain and serve with a large Spoonful of fresh Butter.

Recipe from *The Williamsburg Art of Cookery*, 1942, a compilation of historic recipes

Adaptation:

2 c dried, canned, or frozen black-eyed peas

1 tsp salt

1 Tbsp butter

Dash red pepper flakes

If you are using dried peas:

1. Soak the peas according to the instructions on the package. Drain and rinse them.
2. Add the peas to a large pot, and cover them with water. Boil the black-eyed peas until tender, 1-2 hours, adding more water as needed.
3. Add salt 5-10 minutes before removing the peas from the heat.
4. Drain off water and mix in 1 Tbsp of butter and stir to evenly coat peas. Add a dash of red pepper flakes on top.
5. Serve hot and enjoy!

If you are using canned or frozen peas:

1. Add the peas to a large pot, and cover them with water. Boil black eyed peas in water until tender, 10 to 15 minutes over medium heat. Add salt just before removing them from the heat.
2. Drain off water and mix in 1 Tbsp of butter and stir to evenly coat peas. Add a dash of red pepper flakes on top.
3. Serve hot and enjoy!