

# Betty's New Year's Day Hoppin' John Recipe



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In this video, Betty demonstrates how to make a traditional Southern dish, New Year's Day Hoppin' John. This is a dish that consists mainly of black-eye peas, rice, onions, and ham. It is to be eaten on New Year's Day, in order to bring a prosperous new year. This is my own version of Hoppin' John, and I have designed it to meet the requirements of the traditional dish, yet taste wonderful!

## Ingredients:

½ stick butter or margarine, melted

¾ cup chopped onion

(2) 10 ½ oz. soup cans beef broth

(1) 10 ½ oz. soup can long grain white rice, uncooked

(2) 15 oz. cans black-eye peas

(2) 5 oz. cans of Hormel smoked chunked ham, cut into cubes (or equivalent)

salt and pepper to taste, optional (Salt will probably not be needed, as almost all ingredients are salted.)

Place ¾ cup chopped onion in a small saucepan containing ½ stick melted butter. Saute the onions over low heat until clear and caramelized. Meanwhile, empty the 2 cans of beef broth and 1 soup can of white rice into a medium saucepan, and bring to a boil over medium heat. Cover, reduce heat, and cook for 14 to 15 minutes, until almost all beef broth is absorbed by the rice. When the onions are sautéed, and the rice is cooked, you may start assembling your Hoppin John. In a large, deep skillet or Dutch oven, combine sautéed onions, cooked rice, 2 cans black-eye peas, and 2 cans smoked ham. Salt and pepper, if desired. Mix thoroughly, and place over medium heat until the mixture boils. Reduce heat, and simmer about 5 minutes. Pour the Hoppin John mixture into a large serving bowl. Place a coin under the serving bowl for good luck. Serve on individual plates, along with cooked greens, and Onion and Cheddar Cheese Cornsticks, and a cold glass of iced tea! The greens are served as part of the tradition of increasing your prosperity during the up-coming year. I hope you enjoy this recipe! Happy New Year to all!--Betty :)