



## Esau's Hoppin' John

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 bay leaves
- 16 ounce black-eyed peas dried
- 8 servings chicken broth
- 6 ounces caul fat
- 2 sprigs rosemary fresh
- 2 sprigs thyme leaves fresh
- 2 garlic cloves minced
- 3 garlic cloves peeled

- 3 teaspoons kosher salt divided
- 1 teaspoon pepper
- 2 cups short-grain rice uncooked
- 16 ounce ham hocks smoked
- 1 cup onion sweet finely chopped
- 10 cup water divided

## Equipment

- sauce pan
- dutch oven
- kitchen twine

## Directions

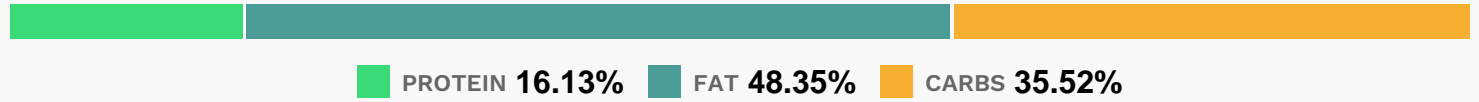
- Place field peas in a Dutch oven; add water to cover 2 inches above peas. Bring to a boil, and boil 1 minute. Cover, remove from heat, and let stand 1 hour.
- Drain peas, and set aside.
- Place peeled garlic cloves and next 3 ingredients in the center of a large coffee filter; bring sides up, and tie with kitchen twine. Set garlic-and-herb bag aside.
- Saut fatback in Dutch oven over medium-low heat 10 minutes or until crisp.
- Remove fatback, reserving drippings in Dutch oven, and discard.
- Add ham hock to Dutch oven, and cook 5 minutes or until skin becomes crispy and lean portion of the ham hock is tender. (Use the tines of a fork to test tenderness.)
- Add onion and minced garlic; saut 2 minutes.
- Add 6 cups water. Bring to a boil, reduce heat to medium, and cook, uncovered, 1 1/2 hours.
- Bring remaining 4 cups water to a boil in a saucepan; stir in rice and 2 teaspoons salt. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Set rice aside.
- Add field peas, garlic-and-herb bag, remaining 1 teaspoon salt, and pepper to ham hock mixture in Dutch oven. Bring to a boil over medium-high heat. Reduce heat, and simmer, stirring occasionally, 45 minutes.
- Remove and discard garlic-and-herb bag.

Stir cooked rice into field pea mixture; simmer 5 minutes or until heated through, adding broth, if necessary.

\*Salt pork may be substituted.

Note: Esau uses a short-grain rice. He says you can substitute 4 cups of cooked long-grain rice, prepared according to package directions, but it will have a different texture.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:34.84, Inflammation Score:-7, Nutrition Score:13.660434616649%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## Nutrients (% of daily need)

Calories: 613.68kcal (30.68%), Fat: 32.5g (50%), Saturated Fat: 11.82g (73.9%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 48.32g (17.57%), Sugar: 2.9g (3.22%), Cholesterol: 73.94mg (24.65%), Sodium: 1039.41mg (45.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Folate: 238.55µg (59.64%), Manganese: 0.88mg (43.85%), Vitamin B1: 0.43mg (28.5%), Iron: 4.67mg (25.96%), Fiber: 5.42g (21.67%), Copper: 0.33mg (16.53%), Selenium: 11.05µg (15.79%), Phosphorus: 153.06mg (15.31%), Potassium: 454.42mg (12.98%), Vitamin B3: 2.6mg (12.98%), Magnesium: 48.13mg (12.03%), Vitamin B6: 0.2mg (10.11%), Zinc: 1.45mg (9.66%), Vitamin B5: 0.94mg (9.37%), Calcium: 46.23mg (4.62%), Vitamin D: 0.66µg (4.39%), Vitamin B2: 0.07mg (4.38%), Vitamin C: 2.22mg (2.69%), Vitamin K: 1.47µg (1.4%), Vitamin E: 0.17mg (1.12%)