



Jerk Pork on Red Pepper Mayo and Black-Eyed-Pea Cakes

READY IN



240 min.

SERVINGS



60

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups breadcrumbs fresh
- ☐ 62 ounce blackeyed peas rinsed drained canned ()
- ☐ 1.5 tablespoons coarse salt
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 4 large garlic clove minced
- ☐ 2 tablespoons ground cumin
- ☐ 1 cup mayonnaise

- ☐ 60 servings fatty pork
- ☐ 3 bell pepper red finely chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ wax paper

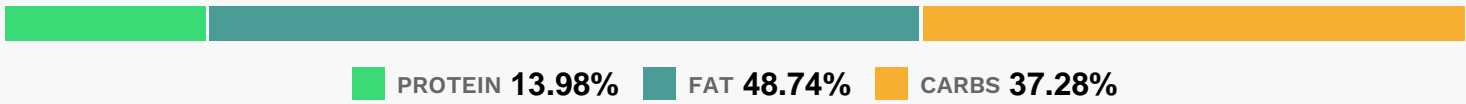
Directions

- ☐ Mash half of peas in a bowl with a fork and stir in remaining peas.
- ☐ Cook red peppers in butter in a large nonstick skillet over moderate heat, stirring, until barely softened.
- ☐ Add garlic and cook, stirring, 1 minute more.
- ☐ Transfer one third of pepper mixture to a bowl and cool. Set aside for red pepper mayo.
- ☐ Stir remaining pepper mixture into peas with bread crumbs, cilantro, eggs, cumin, and salt. Scoop 1 tablespoon mixture into palm of your hand (mixture will be soft and moist) and form into a roughly 1-inch-wide patty. Put it on a tray and form more patties in same manner, arranging in 1 layer on tray. Dip patties, 1 at a time, into cornmeal, turning gently to coat, and transfer as coated to a tray lined with wax paper and dusted with cornmeal. Chill patties, covered, at least 2 hours and up to
- ☐ Preheat oven to 400°F.
- ☐ Heat 3 tablespoons oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook cakes, 12 at a time, until golden, about 3 minutes on each side. Put cakes as cooked in 1 layer in a large shallow baking pan. Between batches, carefully wipe skillet clean with paper towels and add more oil.

- ☐
- Stir mayonnaise into reserved red pepper mixture and season with salt and pepper. Reheat cakes in middle of oven until hot, about 5 minutes, and top with red pepper mayo and jerk pork.
- ☐
- Cakes may be cooked 1 day ahead, then chilled, covered. Bring to room temperature before reheating.

• Red pepper mayo may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:4.7039130576279%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 87.34kcal (4.37%), Fat: 4.8g (7.38%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 6.09g (2.22%), Sugar: 1.39g (1.55%), Cholesterol: 9.99mg (3.33%), Sodium: 219.43mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Folate: 67.23µg (16.81%), Vitamin C: 7.85mg (9.52%), Manganese: 0.18mg (8.92%), Fiber: 2.16g (8.64%), Vitamin K: 8.84µg (8.42%), Vitamin B1: 0.09mg (6.29%), Iron: 1.06mg (5.86%), Phosphorus: 58.33mg (5.83%), Magnesium: 18.47mg (4.62%), Vitamin A: 231.23IU (4.62%), Copper: 0.09mg (4.52%), Zinc: 0.49mg (3.25%), Selenium: 2.2µg (3.14%), Potassium: 109.6mg (3.13%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.48%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.19mg (1.93%), Calcium: 15.53mg (1.55%)