Earth Holder Community Compassionate Eating

January Featured Recipe

Vegan Hoppin' John

Serve this savory and spice-infused take on the classic New Year's stew any day of the year with a bowl of warm Carolina Gold rice. By Chef **Kevin Mitchell, Food & Wine**

Ingredients

Hoppin' John

- 1-pound dried black-eyed peas or Sea Island red peas, soaked 8 to 12 hours
- 2 (4- to 5-inch) fresh thyme sprigs
- 2 garlic cloves
- 2 tablespoons, plus a pinch kosher salt, divided, plus more to taste
- 2 teaspoons refined coconut oil or olive oil
- 1 small (6 ounce) white onion, finely diced (about 1 cup)
- 1 teaspoon grated fresh ginger (from 1 [4-inch] piece)
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons finely chopped garlic (from 2 garlic cloves)
- 1 teaspoon curry powder
- 1/2 teaspoon ground turmeric
- 1 (28 ounce) can diced tomatoes, drained
- 3 cups vegetable stock
- 1 (15 1/2-ounce) can coconut milk, well shaken and stirred
- 1 large (18 ounce) bunch collard greens or kale, stemmed and sliced into thin ribbons (about 9 cups)
- Freshly ground black pepper

Rice

- 6 cups spring or filtered water
- 1 tablespoon kosher salt
- 1 cup (7 ounces) Carolina Gold rice (preferably Anson Mills)
- 2 to 3 tablespoons vegan unsalted butter, cut into small pieces
- 1/2 teaspoon black pepper
- 1/4 teaspoon sea salt

Directions

Prepare the Hoppin' John:

1. Drain soaked peas; place peas in a large pot, and pour cold water to a depth of 4 inches to cover peas. Add thyme, garlic cloves, and 2 tablespoons of the salt. Bring to a boil over high. Reduce heat to medium-low, and simmer, undisturbed, until peas are tender, 45 minutes to 1 hour. Remove pot from heat and let stand for 5 minutes. Drain, reserving 2 cups cooking liquid; set aside.

2. Heat oil in a large Dutch oven over medium-low; add onion, and cook, stirring constantly, until tender, 7 to 10 minutes. Add ginger, red pepper, finely chopped garlic, and remaining pinch of salt. Cook, stirring occasionally, until onion is softened and just starting to brown, 7 to 10 minutes. Add curry powder and turmeric; cook, stirring constantly, until fragrant, about 2 minutes.

3. Add tomatoes to Dutch oven; cook, stirring occasionally, until softened, darker in color, and reduced in size, about 10 minutes. Add stock, coconut milk, and reserved 2 cups cooking liquid; bring to a boil over medium. Reduce heat to low, and simmer, stirring occasionally, until tomatoes break down and sauce thickens a bit, about 20 minutes. Add peas, and cook, undisturbed, over medium-low until peas are lightly coated, about 10 minutes. Gently fold greens into peas, and remove Dutch oven from heat (greens will cook from residual heat). Season with additional salt to taste; top with 1 or 2 grinds of pepper.

Prepare the Rice:

1. Preheat oven to 300°F. Line a large-rimmed baking sheet with parchment paper.

2. Bring water and kosher salt to a boil in a heavy-bottom 3 1/2-quart saucepan over high; stir in rice. As soon as water returns to a boil, reduce heat to low. Simmer gently, uncovered, stirring occasionally, until rice is just tender with no hard starch at its center, 18 to 20 minutes. Drain rice in a fine-holed colander, and rinse well with cool water. Shake colander to drain excess water.

3. Arrange rice in an even layer on prepared baking sheet. Place baking sheet in preheated oven, and allow rice to dry, about 5 minutes, gently turning rice occasionally using a spatula. Dot with vegan butter, and sprinkle evenly with pepper and fine sea salt. Return baking sheet to oven; bake at 300°F until rice is warmed through, about 5 minutes, turning rice occasionally until butter is melted and rice is hot. Transfer Rice to a warmed bowl and serve immediately with Hoppin' John.

About this recipe

A traditional one-pot feast to welcome in the New Year (and bring luck and prosperity to the coming months), Hoppin' John is a classic of Black Southern cooking from the South Carolina Lowcountry. Chef and culinary historian Kevin Mitchell shares a vegan version where the pea stew is infused with garlic, ginger, turmeric, curry powder, and tomatoes — omitting the bacon or ham hock that traditionally flavor the dish. He serves this stew over warm rice.

For Good Luck, Make Hoppin' John on New Year's Day