



BLACK-EYED PEA BOWL **Disneyland Resort**

Serves 6

BLACK-EYED PEA STEW

1 pound dried black-eyed peas
1/4 cup canola oil
1 medium yellow onion, diced
1 green bell pepper, diced
2 stalks celery, diced
1/2 pound shredded smoked turkey, divided
2 cloves minced garlic
1 bay leaf
6 cups chicken stock
1 1/2 teaspoons onion powder
1 teaspoon granulated garlic
1 teaspoon coarse salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper

BASMATI RICE

1 1/2 cups basmati rice
1/4 cup butter
3 cups water or chicken stock
1 bay leaf
1-2 sprigs fresh thyme
Coarse salt, to taste

*Always use caution when handling sharp objects and hot contents.
Please supervise children who are helping or nearby.*

*This recipe has been converted from a larger quantity in the restaurant kitchens.
The flavor profile may vary from the restaurant's version.*



HOT WATER CORNBREAD

2 cups cornmeal
1/4 cup all-purpose flour
1/2 tablespoon baking powder
1 teaspoon salt
3 tablespoons sugar
1 to 1/2 cups water
2 tablespoons honey
3 tablespoons butter, softened
Canola oil, for frying

TOPPINGS

Hot sauce

FOR BLACK-EYED PEA STEW:

1. Soak black-eyed peas according to package directions. Discard soaking water.
2. Heat canola oil in a large stock pot over medium heat for 5 minutes, until hot. Add onion, bell pepper, celery, and 1/8 pound of the smoked turkey. Cook for 3-5 minutes, until vegetables are fragrant, but not browned.
3. Add garlic and bay leaf and cook for 2-3 minutes. Stir in chicken stock, remaining smoked turkey, onion powder, granulated garlic, coarse salt, black pepper, and cayenne pepper. Bring to a simmer, then reduce heat and keep at a low simmer for 30-45 minutes, until black-eyed peas are tender. If desired, skim excess fat from top of stew while cooking.
4. Keep warm until ready to serve.

FOR BASMATI RICE:

1. Rinse rice in a mesh strainer until water runs clear.
2. Heat butter in a medium saucepan over medium heat, until melted. Add rice and stir until coated in butter and lightly toasted.
3. Stir in water or chicken stock, bay leaf, thyme, and salt and bring to a boil.

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4. Cover and reduce heat to low. Cook for 20-25 minutes, until rice is tender. Fluff with a fork before serving.

FOR HOT WATER CORNBREAD:

1. Combine cornmeal, all-purpose flour, baking powder, salt, and sugar in a large mixing bowl. Bring water to a boil in a small saucepan. Carefully add 1 cup boiling water and mix until fully incorporated. If dough is too dry, slowly add additional water.
2. Add honey and softened butter and stir until mixed. Cover bowl with plastic wrap and rest for 10-15 minutes.
3. With caution, heat oil in a deep fryer or Dutch oven to 350°F.
4. Form dough into 6 balls. If dough is too wet, add 1 tablespoon of flour at a time.
5. Flatten each ball into a disk and carefully fry for 2-4 minutes, until golden brown.
6. Drain on wire rack.

TO SERVE:

Place desired amount of rice in bowl. Top with Black-eyed Pea Stew, Hot Water Cornbread, and hot sauce.

Cook's Note: If you like a thicker black-eyed pea stew, remove a small amount of black-eyed peas from stew when done cooking and smash into a paste. Add back to stew and allow to thicken while resting.

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