



## ANSON MILLS

### Refried Sea Island Red Peas

#### Yield

3<sup>1</sup>/<sub>2</sub> cups

#### Time

Overnight to soak the peas and about 1<sup>1</sup>/<sub>2</sub> hours to cook and “refry” them

#### Cooking Remarks

Though tiny, these peas have an improved finished texture with overnight soaking.

A richly resonant homemade stock, whether chicken or vegetable, is crucial to producing the kind of flavor impact refried beans deserve. Once the peas are finished, count on the myriad garnishing options suggested below to make the dish all the more appealing.

#### Equipment Mise en Place

For this recipe, you will need a heavy-bottomed large saucepan, a 12-inch skillet, and a potato masher or flat wooden spoon.

#### Ingredients

1 quart spring or filtered water

10.5 ounces (1<sup>1</sup>/<sub>2</sub> cups) Anson Mills Sea Island Red Peas, covered by at least 1 inch of water, soaked overnight in the refrigerator, then drained

1 small Turkish bay leaf

3 tablespoons avocado oil

1 small yellow onion, minced

4 garlic cloves, minced

<sup>1</sup>/<sub>2</sub> teaspoon chipotle powder

<sup>3</sup>/<sub>4</sub> teaspoon Mexican oregano

<sup>3</sup>/<sub>4</sub> cup Rich Homemade Chicken Stock or Ultimate Vegetable Stock

Fine sea salt and freshly ground black pepper

#### *for the garnishes*

Chopped fresh cilantro leaves

Sliced pickled jalapeños

Thinly sliced or finely diced red onion

Sliced avocado

Crumbled cotija cheese

Lime wedges

#### Directions

**1.** In a heavy-bottomed large saucepan, bring the water to boil over medium-high heat. Stir in the drained peas and add the bay leaf. Return the liquid to a simmer, then reduce the heat to

low, partially cover the pan, and simmer gently, stirring occasionally, until the peas are tender, 45 minutes to 1 hour. Remove the pan from the heat and let stand, covered, until the peas cool in their broth to room temperature.

**2.** In a 12-inch skillet, heat the avocado oil over medium heat. Add the onion and cook, stirring frequently, until golden, about 10 minutes. Stir in the garlic, chipotle powder, and oregano and sauté for about 5 minutes to enliven the aromatics. Add the cooked peas with their broth, along with the stock, and bring to a simmer. Begin mashing the peas in the skillet using a potato masher or flat wooden spoon, stirring all the while. As the peas simmer and with continued mashing, they will thicken. Continue mashing and stirring until the liquid surrounding the peas is thick and the peas are creamy but not completely smooth, 15 to 20 minutes. Season with salt and pepper and serve hot with any or all of the garnishes.