



Black-Eye Beans with Smoked Bacon and Haddock

Ghana – Africa

5 slices thick cut bacon

1 onion, sliced

1 garlic clove, minced

1/2 ounce fresh ginger, minced

1/4 to 1/2 teaspoon ground red cayenne pepper or to taste

1 (14 ounce) can petite cut tomatoes in tomato juice

1-1/2 Tablespoons tomato paste

1-1/2 teaspoons dried basil

2 teaspoons Worcestershire sauce

1 (15 oz.) can black-eyed peas or beans, well drained

1/2 to 1 cup low salt chicken broth

4 ounces smoked or cooked haddock or favorite fish, boned

Serve with: fried plantains and individual flatbreads

In a 12 inch skillet, cook bacon until crisp; remove; set aside.

Sauté onions in pan drippings until golden. Discard excess dripping, return onions to skillet. Stir in minced garlic, ginger, red pepper, tomatoes with juice, tomato paste, basil, and Worcestershire sauce. Bring to a boil; reduce heat to simmer; cook for 15 minutes to blend sauce flavors.

Stir in drained black-eye beans, 1 slice bacon, crumbled, and 1/2 cup chicken broth; bring to boil; reduce heat, cook for 15 minutes, stir occasionally. Stir in additional chicken broth if desired and add large fish pieces. Cook 5 minutes or until warm. Place a skewer through the cooked bacon slices for serving. Prepare plantains if desired.

To serve: Place a banana leaf on large platter; spoon bean and fish mixture in center; arrange skewered bacon, fried plantains, and individual flatbreads on serving platter. Serve warm. Yield: 4 servings

About the Recipe: This dish was inspired by an Expo2015 Ghana recipe. The original recipe uses more ground red pepper so season to taste. I didn't add salt to the recipe since the canned products contained that ingredient. The dish is easy to prepare and a great way to use extra cooked fish. We like to serve it with plantains and Avocado and Sweet Corn Mayonnaise Sauce. We also like to serve flatbread for scooping up our food from the communal bowl or platter, but in Ghana, they use their hands, scooping the food with the thumb and first two fingers of the right hand, not the left one.

The black-eye bean dish with fried plantains is a weekend special in boarding schools in Ghana, a family favorite in most Ghanaian homes, and a popular street food. It can be served with salt-fish or your favorite seafood.

About the country and customs: Ghana is the world's second largest cocoa producer and has a gastronomic culture based on dishes that are simple, yet extremely tasty and rich. Their basic diet consists of starchy staples eaten with soups or stews. Crops such as plantains, cassava, taro, and tropical yams are found in the south. Corn, rice, fish, hot peppers, palm nut, and peanuts are favorites.

Read more: <http://www.everyculture.com/Ge-It/Ghana.html#ixzz3hL5bl9II>