

# HOPPIN' JOHN

*"Hoppin' John" is a traditional Southern dish, particularly popular in the Lowcountry regions of South Carolina and Georgia in the United States.*

*It is typically made with black-eyed peas (or sometimes other types of peas or beans), rice, and some form of pork, such as bacon or ham hock.*

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## Ingredients:

- **1 # Barley**
  - **8 Oz. Split peas**
  - **3 Red bell peppers**
  - **1 Jalapeño pepper**
  - **1 Large yellow onion**
  - **3 Cloves garlic**
  - **1 # Bacon**
  - **1 Bu. Collard greens**
  - **1 Qt. Chicken stock**
- Salt and pepper to taste**

### 1. To sprout the barley:

Place the barley in a container twice its size and cover with water. Let it sit in a cool, dark place, covered, overnight. The next day, drain the barley and transfer it into 4 clean Mason jars. Cover each jar with cheesecloth secured with a metal jar band. For the next four days, twice daily, fill each jar with water and pour it out through the cheesecloth. Over the days, the barley will begin to sprout and plump.

2. On the 5th day, you're ready to cook the Hoppin' John: Small dice the peppers, onion, garlic, and collard greens. Set aside. Slice the bacon into thin strips. In a large pot over low heat, slowly render the bacon until crispy. Add the diced vegetables and sweat them lightly.

3. Once the vegetables are soft, add the sprouted barley, split peas, and chicken stock.

4. Bring to a simmer, cover, and cook for about 30 minutes. Check if the split peas and barley are tender. If more cooking time is needed, add a bit more stock, and continue to cook for up to another 30 minutes.

5. Once everything is tender, season with salt and black pepper. Serve as is, or over rice with braised chicken.