

Red-Red (Bean Stew & Fried Ripe Plantains)

A West African Dish originating from Ghana

Makes 4-6 servings

Ingredients:

- 6 Ripe Plantains; these should be firm and yellow in color with a couple of black spots showing ripeness. Not too soft!
- 1-1^{1/2} cups of black-eyed peas, uncooked
- ½ teaspoon salt or more depending on preferences
- 2 onions, chopped
- 1 can of corned beef or 1 pack of stewed beef; vegetarians can omit this.
- 2 15-ounce cans of tomato sauce (or several fresh/canned tomatoes)
- 1 tablespoon of tomato paste (optional)
- ½ cup of vegetable oil
- ½ teaspoon of ground chili pepper or ground red pepper to taste
- 1 cup of water
- ½ cup of peeled fresh ginger
- 1 hot pepper, orange (optional)
- ½ teaspoon of garlic powder
- ¼ teaspoon of curry
- Other seasonings if desired
- Jasmine Rice, optional (you can put the stew on top and eat together)

Making the stew:

1. Wash and soak the beans overnight for several hours or use our preferred method:
 - a. Place dry black-eyed peas in a pot. Rinse and pick over the beans, removing any stones or discolored beans. Put them in a pot, cover them with at least an inch of water, and bring it to a boil and boil for 2 minutes.
 - b. Remove it from the heat and let it sit for an hour. Then, drain off the water and put fresh water in, bring it to a boil, and cook until tender, about an hour or so.
2. While the beans are simmering, chop the onions and the tomatoes (if using fresh ones).
3. Heat the vegetable oil in a frying pan on medium heat, add the onion and sauté for about 2 minutes or until onions start to brown lightly.
4. Puree in a blender: fresh ginger, 1 hot pepper, and water. Add to sautéed onions and let cook for 5-10 minutes on low heat.
5. Add the tomatoes or tomato sauce and let the sauce simmer for 10-15 minutes on low heat.
6. Add tomato paste if you wish to use it; it makes the sauce thicker.
7. Add the seasoning you wish to use such after the sauce simmers such as salt, pepper, curry, garlic powder, etc. This is what the stew will taste like so make

- sure you add all the seasonings you like at this point.
8. Let the sauce simmer for 15 minutes to allow the seasonings to cook through.
 9. Add the cooked black-eyed peas, ensuring that there is a good ratio of beans to sauce. Check the taste and add seasonings one last time if needed (usually just salt). Let the sauce simmer for 20-30 minutes and fry the plantains during this time.

Frying the Plantains

1. Preheat a deep fryer to the optimal temperature for the device. Heat vegetable oil in a skillet if a deep fryer isn't available.
2. Chop off the two ends of the plantains and peel them by making 2-3 vertical incisions (not too deep) from top to bottom with a sharp knife as instructed.
3. Slice the plantains in a downward and diagonal manner as instructed and place in a bowl.
4. Sprinkle with salt and toss plantains in a bowl.
5. Once fryer is heated, fry the plantains until golden brown and ends start to crisp.
6. Place 4-6 plantains on a plate with a few spoonfuls of stew and a side of rice if you'd like. Enjoy!