

Deep Fried Black-eyed Peas

Description

Paula's peas

Summary

Yield: 4

Source: Paula Deen--Food Network

Prep Time: 20 minutes

Category: Beans

Ingredients

- 1 can black eyed peas, drained and thoroughly mashed
- 2 shallots, finely chopped
- 1/2 red bell pepper, finely chopped
- 1 cup cooked ham, finely chopped
- 1 cup cornstarch
- 4 egg whites
- salt
- freshly ground black pepper

Instructions

Dipping Sauce:

?1 can whole cranberry sauce

?1 tablespoon maple syrup

?1 teaspoon garlic powder

?Vegetable oil, for frying

Directions

In a large bowl combine the peas, shallot, bell pepper and ham. Mix in cornstarch, egg whites, salt and pepper, to taste.

For the dipping sauce:

In a small saucepan, combine cranberry sauce, syrup and garlic powder. Heat through until warm. Cover and keep warm.

Heat oil in a Dutch oven or deep-fryer until it reaches 325 degrees F. Working in batches and using 2 teaspoons, carefully slide small portions (bites) of the pea mixture into the hot oil. Note: The pea mixture is not very firm, so you have to slide them into the hot oil

very slowly to they will keep their shape. Deep-fry for approximately 5 minutes or until golden brown and crispy. Remove from oil and drain on a paper towel lined baking tray.

Serve alongside warm cranberry dipping sauce.

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