



Black-Eye Bean Stew

Tastes delicious and is easy to make.

Ingredients & Method - Maa's Tomato Sauce

- 2 onions, sliced
- 2 garlic cloves, crushed
- 2cm/1 inch ginger, peeled and halved
- 2 tsp cayenne pepper or 1 scotch bonnet chilli, to taste
- 1 tbsp dried prawn powder, optional
- 400g /14oz tin chopped tomatoes
- 1 tbsp tomato puree
- 3 guinea peppers, crushed, optional
- small handful of fresh basil leaves
- dash of Worcester sauce
- salt to taste
- oil to shallow fry

1. Heat a heavy-based pan, add the oil, then fry and stir the onions until golden.
2. Stir in the remaining ingredients and bring to the boil. Taste and adjust the seasoning. Leave to simmer until the sauce reduces and intensifies in flavour and the oil separates. This should take about 10-15 minutes.
3. Remove the guinea peppers and ginger. Your sauce is ready and can be served hot or cold.

Ingredients & Method - Black Eye Beans with Salt Fish and Bacon

- Maa's Tomato Sauce
- 6-8 rashers smoked bacon, chopped
- 2 x 400g/14oz tins black-eye beans, drained
- 115g/4oz salted cod



- 1. Warm Maa's tomato sauce in a saucepan. Add the chopped bacon and leave to cook on a low simmer for roughly 10 minutes.
- 2. Pour in the black-eye beans, give it a good stir and add the fish.
- 3. Cover and simmer for roughly 30-35 minutes, stirring occasionally.

Patti's Menu

This and other great recipes can be found in Patti's book and at www.pattismenu.com