

Kolofata Bean Cake Recipe

Dr. Ellen Einterz supplied the Kolofata Bean Cake recipe below. Three of our parishioners made the bean cakes for our Confirmandi Service Project "Virtual Adventure." Our parish chefs did some experimenting with the recipe before the event. The biggest challenge was getting the skins off the peas. Below is advice from Dave Duh.

I basically used the recipe furnished by Ellen, although I did add some garlic. I both steamed and fried the bean cakes. To prepare the black-eyed peas I put the 1 lb. of peas into a blender and then added water until they were covered by an extra two or three inches of water. The beans soaked for about 15 minutes. I then pulsed the blender several times. This knocked off most of the skins. The skins are less dense than the peas so they floated above the peas (for the most part). Decant the water from the blender so that the water and skins pour off but the now white peas are left in the blender. Add more water, stir (or pulse some more) and decant again. Repeat this process until the vast majority of the skins are gone. Add water to the blender and soak at least overnight (you can also transfer the peas to a bowl and soak in the bowl overnight). Pour off the water and remove any skins still present by hand.

Place the beans into the blender. Add a 1/3 cup of oil, one large diced red onion, one finely chopped habanero pepper, 1 tsp salt and four cloves of chopped garlic. Blended together with enough water to make the mixture the consistency of a heavy batter. Drop ice cream scoops full of batter into a fry and fry till golden brown or place into small containers and steam for about an hour.

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Yield: 18-21 bean cakes, serves 6-7

Ingredients

1 pound (about 2 ½ cups) dried black-eyed peas
1-2 habanero peppers
½ (about 1 ¾ cup) large red onion
2 ½ teaspoons kosher salt
3 cups vegetable oil for deep-frying

Equipment

High-power blender (assuming you don't want to pound in a mortar)

Directions

1. Place 1 pound of dried black-eyed peas and 6 cups of cold water in a large bowl. Let soak overnight and then rub repeatedly to loosen skins, which will be discarded. This could take about 30 minutes.
2. Trim and coarsely chop 1-2 habanero peppers and dice 1 ¾ cup red onion.
3. Put peas in a blender and blend in intervals of 5-10 seconds until peas form a paste. Add small amounts of water as needed. Add the habanero and salt. The mixture should be smooth but not creamy. More cookie dough than cake batter consistency. Whisk for about 5 minutes to introduce air pockets that will make the bean cakes puffier.
4. Stir in the diced onions.
5. Fill a large 10-inch straight-sided skillet with 3 cups oil and heat to 350°F over medium-high heat.
6. When the oil is ready, fry in batches of 5-6: Drop 1/8 cup portions of the pea purée into the oil. Fry until golden-brown. Transfer to a wire rack to drain.

Best served immediately. Cakes should be warm, crisp on the outside and tender on the inside.