

# Field Peas, with Snaps and Okra

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## Ingredients:

2 lb. Field Peas with snaps, fresh or frozen  
6 cups Water  
½ Ham Hock or 1 Tablespoon Bacon grease  
1 teaspoon Sugar  
1 teaspoon Salt  
½ teaspoon Black Pepper  
6-8 small Okra pods

## Instructions:

If using freshly shelled peas, gently wash peas, removing any discolored or damaged peas.  
Place water and ham hock in a medium sized sauce pot, over Medium-High heat on stove top.  
Bring to a boil, reduce heat to Medium and simmer for 30 minutes.  
Add field peas with snaps, bring back to low boil.  
Skim off any foam that appears and discard.  
When foaming stops, cover pot with lid, and let simmer for about 20 minutes.  
Add sugar.  
Add salt.  
Add black pepper.  
Trim top ends from okra pods and discard.  
Add okra to sauce pot.  
Cover again, let simmer 15-20 more minutes, or until peas are tender.  
Remove from heat, serve warm.  
Enjoy!