

Ikarian Longevity Stew

Swick

Makes 4 servings | Active Time: 25 minutes | Total Time: 1 hour 20 minutes

Making the Stew

If using dried black-eyed peas: Cover with water and bring to a boil for 1 minute. Remove from heat, cover, and let stand for an hour. Drain and rinse. (If using canned black-eyed peas, skip this step.)

In a large pot, heat half the olive oil over medium heat and cook the onion, garlic, and fennel, stirring occasionally, until soft, about 12 minutes.

Add the black-eyed peas and toss to coat with oil. Add the tomato, tomato paste, and enough water to cover the beans by about an inch. Add the bay leaves.

Bring pot to a boil, reduce heat, and simmer until the black-eyed peas are about halfway cooked (if using dried peas). Check after 40 minutes, but it may take over an hour. If using canned, skip to next step after 10 minutes.

Add the chopped dill and season with salt to taste. Continue cooking until the black-eyed peas are tender, about 20 minutes.

Remove from heat and pick out and discard the bay leaves. Pour in remaining olive oil, stir, and serve.

Step 1: Making the Stew

- 1 cup dried black-eyed peas (or 8-ounce can, drained)
- 1/2 cup extra-virgin olive oil, divided
- 1 large red onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 fennel bulb, chopped
- 1 large, firm ripe tomato, finely chopped
- 2 teaspoons tomato paste, diluted in 1/4 cup water
- 2 bay leaves
- 1 bunch dill, finely chopped
- Salt (optional)