

"Hoppin' John's Peas and Rice has been part of Bermudian life for generations. I grew up watching my family prepare it every Sunday — a symbol of togetherness and comfort. I've kept the heart of the dish the same but made it lighter, without pork, and added coconut milk for a smooth island touch. It's simple, soulful, and carries the taste of Bermuda in every spoonful."



- Ingredients
- 2 medium chicken breasts, cooked and shredded
- 1 tbsp olive oil
- 1 small onion, finely diced
- 1 small red bell pepper, chopped
- 1 tsp smoked paprika
- ½ tsp cumin
- Salt and black pepper, to taste
- 4 large flour tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 tbsp butter (for cooking)
- Fresh coriander (optional, for garnish)
- Sour cream, guacamole, or salsa (for serving)



Bermudian Hoppin' John's Peas & Rice



Serves: 2



Prep Time: 10 mins | Cook
Time: 40 mins | Total Time: 50
mins

Method

1. Cook the Peas:
2. In a pot, boil peas in lightly salted water until tender (if using dried peas). Drain and set aside, reserving some of the cooking liquid.
3. Sauté the Aromatics:
4. In a large pot, heat olive oil or butter. Sauté onion, garlic, and green pepper until fragrant. Stir in thyme, paprika, and curry powder.
5. Add Rice and Liquid:
6. Add the rice, cooked peas, coconut milk, and vegetable stock (or reserved liquid). Season with salt and pepper.
7. Simmer Gently:
8. Bring to a boil, then reduce heat to low. Cover and cook for 20–25 minutes, or until the rice is fluffy and the liquid is absorbed.
9. Fluff and Serve:
10. Remove the bay leaf, fluff with a fork, and serve warm with grilled fish, jerk chicken, or roasted vegetables.

CHEF WILL'S TIPS:

- Chef Will's Tip !!
- To build flavor without meat, start with a strong aromatic base — onions, thyme, and garlic. A dash of smoked paprika or a few drops of liquid smoke can mimic that traditional depth beautifully.
- Chef William Smith Local
- www.willsmithkitchen.com
- [@WillSmithKitchen](#) "Bringing Local Flavor to Every Table"