Steamed Black-Eyed Pea and Carrot Loaf

4 thick loaf wedges, each with cabbage slaw and one 40 g slice of toast · Active 30 min · Total 2 hr 5 min

Skills: Blending a bean batter and safely steaming a covered bowl

Ingredients

- 2 cans black-eyed peas, drained and rinsed (480 g drained total)
- 2 medium carrots, grated (180 g prepared)
- 1 medium onion, finely chopped (150 g prepared)
- 1 tablespoon plus 2 teaspoons neutral oil (25 ml), divided: 15 ml for vegetables, 5 ml for bowl and 5 ml for slaw
- 1/2 cup plain rolled oats (40 g)
- 1/4 cup milk (60 ml)
- 3 large eggs (150 g without shells)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon dried thyme (0.5 g)
- 3/4 teaspoon fine salt (4.5 g), divided: 1/2 teaspoon/3 g for loaf and 1/4 teaspoon/1.5 g for slaw
- 1/4 teaspoon ground black pepper (0.5 g)
- About 1/4 small green cabbage, very finely shredded (300 g prepared)
- 1 tablespoon plain white vinegar (15 ml)
- 4 slices plain wheat bread for toast (160 g total)
- About 2 quarts water for steaming (2 L), with additional boiling water available to maintain the level; not part of the loaf

Set out

blender or food processor, skillet, 1 1/2-quart/1.5 L heatproof pudding bowl, foil, 6-quart/6 L or larger deep pot with well-fitting lid, rack or trivet that supports the bowl above the pot base, tongs and oven mitts, food thermometer, grater, toaster

Allergens

egg, milk, wheat. Check labels and substitutions.

Make it

1. Grease the pudding bowl with 1 teaspoon/5 ml oil. Heat 15 ml oil in the skillet and cook onion and carrot over medium-low heat for 10 minutes until softened. Cool for 5 minutes.

2. Blend the drained cooked black-eyed peas, oats, milk, eggs, cumin, thyme, 1/2 teaspoon/3 g salt and pepper until fairly smooth. Fold in the cooked vegetables. Do not taste the raw egg mixture.

3. Scrape into the prepared bowl, leaving at least 1 inch/2.5 cm headroom. Cover the rim securely with foil, keeping the foil above the batter rather than pressed onto it.

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4. Place the rack in the deep pot and set the bowl on it. Pour in boiling water to reach halfway up the bowl, keeping a kettle of boiling water ready for top-ups. Cover the pot and maintain a gentle simmer for 70–80 minutes. Check the water every 20 minutes and add hot water if the level falls. Do not let the pot boil dry.

5. Carefully lift the foil to check that the loaf center is set and reaches 165°F/74°C. If needed, cover and steam longer. Lift the bowl out using mitts and suitable tongs, place on a heatproof surface and rest for 10 minutes.

6. Meanwhile, toss cabbage with vinegar, the final 1 teaspoon/5 ml oil and remaining 1/4 teaspoon/1.5 g salt. Toast the bread. Loosen the rested loaf edge, invert carefully onto a plate and cut into 4 wedges. Serve one wedge with one-quarter of the slaw and one toast slice.

Read the full time

The long total includes the full steaming and resting period. Most of that time does not require stirring, but the water level still needs attention.

Ingredient labels

Wheat is in the toast; check oat, bread and canned-bean labels for additional allergens.

A useful detail

This is deliberately a pale steamed loaf. Browning is not its doneness cue; use the set center, temperature and resting time rather than expecting an oven-baked crust.

Keep it well

Cut the loaf into shallow portions and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep loaf and slaw separately at 40°F/4°C or below for up to 3 days. Reheat loaf portions to 165°F/74°C throughout. Toast bread at serving time. If using previously cooked beans rather than newly opened cans, remain within their original safe storage window.