

# NYBG

EDIBLE ACADEMY  
HONEY & HARVEST WEEKEND



## GANDULES EN ESCABECHE MARINATED PIGEON PEAS

Prepared by Gabriela Álvarez, Liberation Cuisine  
Yield: 2 cups

### Ingredients

- 1 cup pigeon peas (frozen or dried\*)
- 1 green banana
- 2 tablespoons milk
- ½ red bell pepper
- ½ sweet onion
- 2 garlic clove
- 1 cup olive oil
- 6 tablespoons white vinegar
- 1 laurel leaf
- ½ teaspoon cracked black peppercorn
- 1 tablespoon recaó (if unavailable, use cilantro)
- 2 tablespoons capers
- 1 ear corn, with husk on
- Salt, to taste
- Ice, for blanching

### Instructions

In a pot, boil pigeon pea in salted water until tender. \*If using dried pigeon peas, soak overnight.

In another pot, heat up water to boil the banana. Cut off the ends of the banana and cut a slit lengthwise in the banana peel. Boil banana with milk in the water until banana is tender. Remove from water and shock in an ice bath. Once banana is cool enough to touch drain, peel, and cut into small dice (approximately the size of the pigeon pea).

Heat oven to 350°. Keeping the red bell pepper whole, roast in the oven for 20 minutes. Remove the bell pepper and immediately place into a bowl and cover with a lid so that it steams for 10 minutes. Peel, de-seed, and cut the bell pepper into a small dice.

Using metal tongs, roast corn over an open flame until the husk is completely charred. Then remove the husk and peel off corn kernels by slicing your knife down along the ear lengthwise.

Cut onion into a small dice. Mince garlic and recaó.

In a sauté pan, combine olive oil, white vinegar, onion, garlic, laurel leaf, crushed black peppercorn, capers, and salt.

To marinate the flavors, let simmer for 5 minutes. Remove from heat, and immediately add minced recaó.