

Baked Bean recipe

I use Thompson White Pea Beans, which has the "Old Fashioned Baked Beans" recipe on the back.

I modify it depending on the amount of beans and how I feel that day!!
For the Quilting weekend I doubled the recipe.

Ingredients

454g Thompson's White Pea Beans
5 cups cold water
1 med. onion sliced (I use 2 to 3 onions and make about 3 small holes in the top of each peeled whole onion.
I then put about 1/4 tsp of cloves in each hole)
1/2 Tbsp salt
2 tsp cider vinegar
1 Tbsp brown sugar (I use 1/4 to 1/2 cup brown sugar)
1/2 tsp prepared mustard (I use a couple of Tbsp's)
1/4 cup Fancy molasses (I use 1/2 cup or more if I want to get nice dark beans)
1/2 cup tomato ketchup
1/2 to 1 cup of real Maple Syrup
A pinch of black pepper
1/4 lb pork or a package of sliced bacon

Directions

The night before you cook the beans you need to:
Sort and rinse beans.
Soak beans overnight in Cold water.

The next morning:
Drain the water off of the beans.

Add 5 cups of water, cover, heat to boiling, then simmer for one hour.
(Watch the pot carefully and skim the top of the water until it boils, then turn down the heat to let it simmer)
Simmer for 1 hour.

Place bacon and onions in the bottom of a 6 cup, flame-proof, casserole dish.
** Once the beans are done simmering I scoop out the beans and put them over the onions and bacon, in the casserole dish.
I mix the rest of the ingredients with the water that is left in the simmering pot.

Once it is well mixed, I pour it over the beans in the casserole dish, enough to cover the beans.

If I have any of this sauce left, I save it for later, to add to the beans just in case they appear to be dry.

Cover the casserole dish tightly with aluminum foil. Then place the lid on the dish.

Bake in a 250 degree F oven for 7 hours.

At about 5 hours, when the beans are tender, mash a cup of beans and stir carefully back into the pot.

I might do a second cup as well.

One hour before serving, remove the lid to darken up the beans.

Salt and pepper to taste.

Serves 8

(I find that they are even darker and better the next day!)

Enjoy!!