



A LOCAL *Ontario food* EXPERIENCE

# recipe of the week

## best baked beans

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Throw a ham hock in a pot for these rib-sticking, comforting baked beans! This recipe is courtesy of "Aunt Bette", the aunt of an employee of The Honey Glazed Ham Co. Feel free to add some chopped leftover ham if you like your baked beans extra meaty. You won't believe just how delicious and easy this dish is - great for the cottage! Makes about 8 cups and can be easily doubled up for a crowd!

- 1 lb great northern, navy or other white beans
- 4 cups water
- Ham hock
- 1 tbsp salt
- 1/2 tbsp pepper
- 1 onion, finely diced
- 1/2 cup brown sugar
- 1/4 to 1/2 cup molasses, to taste
- 1/8 cup white vinegar
- 1/2 tbsp each: mustard, drained horseradish

Put beans in large bowl filled with water. Soak 8 hours to overnight. Drain; rinse.

In stockpot, combine beans, 4 cups water, ham hock, salt and pepper. Bring to boil over high heat. Reduce heat to low. Cover. Simmer 3 hours, stirring occasionally.

Remove ham hock to cutting board. Remove all meat; chop. Discard bone.

To beans in pot, add ham, onions, sugar, molasses, vinegar, mustard and horseradish. Stir well.

Transfer to large, shallow baking pan. Bake in preheated 350F oven 30 minutes, until bubbling.

Enjoy!

Culinarium shopping list

1 lb navy, great northern or other white beans

1 ham hock

1 onion

Mustard (*we like Mrs. McGarrigle's Hot Whiskey Mustard*)

Horseradish (*try Extra Bite from The Pickle Guy*)

other

brown sugar

molasses

white vinegar