

Baked Beans

Jewett family members are free to use as much maple syrup as they want during the year. "They know where to find the keys to the shed," says Howard Jewett. The pale gold, almost spicy syrup produced from their maple trees sweetens these slow-cooked beans. Omit the bacon to make vegetarians happy.

Anne Jewett-Pagé, Knowlton, Quebec

Dried navy beans (about 2 1/3 cups, 575 mL)	1 lb.	454 g
Water, to cover		
Water	5 cups	1.25 L
Cooking oil	1 tbsp.	15 mL
Bacon slices, chopped	4	4
Chopped onion	1 cup	250 mL
Fancy (mild) molasses	1/2 cup	125 mL
Maple syrup	1/2 cup	125 mL
Dry mustard	1 tsp.	5 mL
Ketchup	1/2 cup	125 mL
Salt	1 tsp.	5 mL
Freshly ground pepper	1/4 tsp.	1 mL

Soak beans in water in large bowl overnight. Drain. Put into large pot or Dutch oven.

Add water and cooking oil. Bring to a boil on high. Cover. Boil hard for 2 minutes. Remove from heat. Let stand, covered, for 1 hour.

Add bacon and onion. Bring to a boil on medium-high, stirring occasionally. Reduce heat to medium-low. Cover. Simmer for about 40 minutes, stirring occasionally, until beans are just softened. Transfer to lightly greased 3 quart (3 L) casserole dish.

Combine remaining 6 ingredients in medium bowl. Add to bean mixture. Stir. Cover. Bake in 300°F (150°C) oven for 4 to 4 1/2 hours, adding more water as needed to keep beans covered in liquid, until beans are dark brown and soft. Makes 6 cups (1.5 L).

1/2 cup (125 mL): 263 Calories; 5.2 g Total Fat; 382 mg Sodium; 10 g Protein; 46 g Carbohydrate; 7 g Dietary Fibre