

BAKED BEANS



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Michigan Baked Beans

INGREDIENTS

- 1 pound dried navy beans, picked and soaked overnight
- ½ pound bacon, diced
- 2 Tablespoons oil
- 2 cups onion, cut into ¼" cubes
- ½ cup green pepper, cut into ¼" cubes
- 2 Tablespoons garlic, paste
- 1 cup maple syrup
- ¼ Tablespoon nutmeg
- 1 tsp white pepper
- 1 Tablespoons salt
- 1 quart chicken stock

PEAK SEASON

Year Round

DIRECTIONS

- 1** Look over the beans by placing them on a flat, edged surface; make sure that rocks, broken or shriveled beans, or other undesired materials are discarded. Soak the beans overnight in three times their volume of cold water.
- 2** Drain the beans, and discard the soaking liquid. Preheat an oven to 300°F
- 3** Place oil in a heavy-bottomed Dutch oven over medium-high heat. Add the bacon and cook gently, stirring frequently, until the bacon has rendered most of its fat and crisped nicely. Remove the bacon bits with a slotted spoon, raise the heat to high, then add the onions, garlic, and green peppers.
- 4** Cook the vegetables until they are soft, stirring frequently — about 5-10 minutes. Add chicken stock to the retained soaking liquid to make 1 quart. Add the beans, syrup, nutmeg, white pepper, and liquid to the pot, stir, and bring to a boil.
- 5** Cover, place in the oven and bake for 4-6 hours. Before serving, add the salt — if you add it earlier, the beans will not cook as tender.

Note: Michigan's history is full of timber harvesting, done by loggers who lived months in remote camps deep in the woodlands. Camp cooks relied on dried beans, corn, and other long-lived preserved foods to create nourishing meals for the hard-working loggers.

Recipe provided by
Eastern Market Chef
Aaron Egan

