

Boston Baked Beans

Ingredients:

Beans, small white, navy or Great Northern -- 1 pound
Baking soda -- pinch
Onion, chopped -- 1
Molasses -- 1/2 cup
Brown sugar -- 2 tablespoons
Dry mustard -- 2 teaspoons
Salt -- 2 teaspoons
Pepper -- 1 teaspoon
Salt pork, sliced 1/4-inch thick -- 1/4 pound



Instructions:

Add the beans to a large saucepan and add water to cover them by at least 1 inch. Soak the beans overnight, drain and rinse.

Preheat oven to 275°F. Cover the beans with fresh water and add a pinch of baking soda. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer for 20 minutes, or until the skins of the beans flake. Drain again but do not rinse.

Stir the onion, molasses, brown sugar, dry mustard, salt and pepper into the beans. Place half the salt pork slices on the bottom of a deep, 2 ½ -quart casserole dish or bean pot. Add the beans and enough water to just barely cover them. Place the remaining salt pork slices on the top of the beans. Cover the casserole or bean pot with a lid or aluminum foil.

Bake the beans for 6 to 8 hours, adding water as needed to keep the beans just barely covered, about every hour or so. Do not stir the beans.

Uncover for the last 30 minutes of baking to brown the salt pork and caramelize the top of the beans. Serve hot or cold.

Variations:

Vermont or Canadian Maple Baked Beans: Use real maple syrup instead of molasses.

Chopped apple can be added, or a little tomato product such as chopped tomatoes or ketchup.

Use bacon instead of salt pork, or add a big hunk of ham.

From: [Boston Baked Beans Recipe \(American white beans baked with molasses\) | Whats4eats](#)