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## Maine's Own Baked Bean Recipes

Maine Department of Agriculture

Mildred Browne Schrupf

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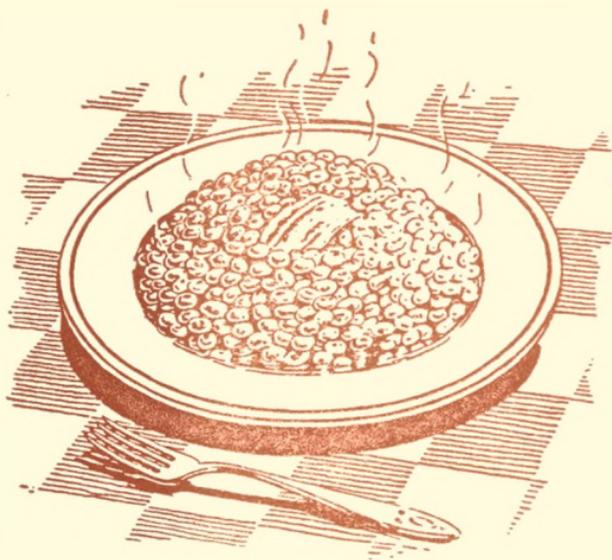
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# *Maine's Own*



## **BAKED BEAN RECIPES**

COMPILED BY  
MILDRED BROWNE SCHRUMPF, Orono, Maine

SECOND EDITION

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MAINE DEPARTMENT OF AGRICULTURE

## STATE OF MAINE BEAN RECIPES

Served in many ways, *State of Maine Beans* bring variety to the menu, add flavor to the meal, and are a boon to the budget. In the past few years the dry bean industry in the State of Maine has grown by leaps and bounds, furnishing people all over the country with its fine products.

Baked *State of Maine Beans* have always been a “must” to the Maine homemaker — as sure as Saturday night rolls around. “Warmed over” on Sunday morning, or reheated Monday noon for a quick washday meal, they are not only delicious but easy to prepare.

Dried beans are not only high in protein and iron, with a good supply of phosphorous and calcium; they also contain vitamin B. One cup of cooked dried beans is equal to one small-to-medium serving of meat.

Take them on picnics, pot-luck suppers, cook-outs, or covered-dish suppers.

Cooked *State of Maine Beans* may be prepared in a variety of ways introducing a welcome change to the menu.

Buy them to cook or buy them canned; the following recipes make delicious additions to any occasion, or you can create new recipes and make your reputation as a cook with *State of Maine Beans*.

## Maine Baked Beans

2 pounds *State of  
Maine Dry Beans*  
 1/2 pound salt pork  
 1/4 cup sugar  
 1/2-2/3 cup molasses

2 teaspoons dry mustard  
 1/2 teaspoon pepper  
 1 1/2 tablespoon salt  
 1 medium onion  
 (optional)



Pick over the beans and soak them overnight in cold water. In the morning, par-boil the beans until the skins crack when blown upon. If an onion is used, cut in quarters and put in bottom of bean pot. Add the parboiled beans. Cut through the rind of the salt pork to a depth of 1/2 inch, and place the pork on top of the beans.

Mix the sugar, molasses, mustard, pepper and salt with 1 pint of boiling water. Pour this over the beans and pork. If necessary, add more boiling water to cover.

Bake at 300 degrees F. for 6 hours or more, adding more boiling water as the beans cook. Serve with steamed brown bread or hot Johnny Cake.

For variation:

1. Substitute *State of Maine Maple Syrup* for the molasses.

2. Add  $\frac{3}{4}$  to 1 cup catsup or chili sauce and 1 tablespoon vinegar to the bean mixture before baking.
3. Use  $\frac{1}{2}$  cup honey in place of the molasses or sugar.

### **Nell Boardman's Baked Beans**

for the "Not-So-Sweet-Tooth"-Bean-Eater

Soak 2 cups of *State of Maine Dry Beans* over night. In the morning drain the beans and put into the beanpot without parboiling. Add  $\frac{1}{2}$  pound salt pork on which the rind has been scored, then 1 tablespoon molasses and 1 teaspoon salt. Fill the beanpot with boiling water. Bake uncovered for at least 6 hours at 300 degrees F. Add boiling water when necessary.

### **Mrs. Hillson's Vegetarian Baked Beans**

For 2 pounds beans, use about  $\frac{1}{2}$  cup vegetable shortening, oleomargarine or butter in the bottom of the beanpot with one chopped onion. Add the parboiled beans, salt, pepper,  $\frac{1}{2}$  cup molasses,  $\frac{1}{3}$  cup brown sugar, and boiling water to cover beans. Or use  $\frac{1}{2}$  cup honey for sweetening, adding the honey near the end of the baking period. Bake at least 6 hours at 300 degrees F.

### **Harold Boardman's Bean-Hole Beans**

For the adventurous soul we publish this rec-

ipe. If you feel the task of preparation inhibits your appetite for bean-hole beans, then just watch for one of the many signs on the Maine highways, "Bean-Hole Beans."



Dig a hole in the ground at least 3 feet deep and 2 feet wide, or larger if your kettle takes more space.

Get a special iron kettle, with legs, and a cover that fits down over the top of the kettle at least 2 inches, with slots' at the two opposite sides to allow the kettle handle to be raised.

The chances are that your first beans will not be as tasty as later cookings until after the hole has been "burned out." Place a flat rock at the bottom of the hole; add any old scrap iron or good sized rocks. Lacking these, the woodsmen use old logging chains. Fill the hole with hard wood and keep a fire for half a day for this "burning out" process. After good coals are formed, the hole is ready for cooking the beans.

Soak or parboil the *State of Maine Beans* as for oven baking; place in kettle with salt pork, molasses, salt and plenty of boiling water. Cover the kettle and attach a long wire, 1½ or 2 feet long, to the

kettle bail. Now remove all scrap iron, rocks, or chains from the hole. Lower the kettle of boiling beans into the hole. Then surround the kettle with the coals and the rocks or scrap. Fill the hole with earth. Pack the earth tightly and tread on it to seal the hole. One tiny opening may allow air to get in and result in burned beans. The following day, dig off the earth, pull out the kettle by the wire and eat!

### **Carol Rich's Bean Swagin**

(pronounced Swaygin)

“Bean Swagin and Johnny Cake” was a favorite food of the Maine lumberjack. Made in a small quantity at home, it is a favorite of Maine folks.

Saute or fry about  $\frac{1}{2}$  pound salt pork cut either in slices or in cubes. Then add 2 pounds of *State of Maine Dry Beans* that have been washed. Add water to cover. Cook slowly until the beans are soft or “all chowdered up.” It may be necessary to add more water while the beans are cooking. Add salt and pepper to taste, and last of all, a lump of butter. If desired, the pieces of salt pork may be removed, but the pork gives excellent flavor to the bean swagin.

**AUTHOR'S NOTE:** Mother always put the chunk of salt pork in with the beans and boiled them together; she never fried the pork. Either way, Bean Swagin is wonderful and “sticks to the ribs.”

## Brown Beans

Although the recipe calls for Swedish Brown Beans, the *State of Maine Red Kidney* or *King's Early* dry beans have been very successfully used.

2 cups <i>State of Maine</i> <i>Dry Beans</i>	$\frac{1}{4}$ cup vinegar 1 teaspoon salt
2 quarts water	$\frac{1}{3}$ cup molasses

Wash the dry beans and soak overnight. Add salt and cook beans until tender, about 3 or 4 hours. Just before serving, add vinegar and molasses. These are excellent served with meat balls or pork chops.

## Grammie Crosby's Baked Bean Soup

"Take the beans left over from Saturday night" — usually about 2 cups or use a can of *State of Maine Baked Beans*. Add 1 quart of water and 1 medium onion, sliced, 2 stalks celery, leaves and all. Cook slowly for about 40 minutes, then rub through a strainer. Add  $1\frac{1}{2}$  tablespoons melted butter mixed with  $1\frac{1}{2}$  tablespoons flour to the strained mixture. Then add 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, and 1 cup canned tomatoes or tomato juice. Continue cooking until the soup thickens. Add more seasoning, if desired.

Grammie Crosby, as well as many others who make baked bean soup, say they never measure; they just "take what's left over from Saturday night." Neither do they quibble over whether

tomato soup, tomato juice, or canned tomatoes are used, and "more or less" is their measure of same.

### Helene Lee's Cassoulet a'la Carcassonne

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|---|---|
| 1 pound <i>State of Maine</i><br><i>Dry Beans</i> | 2 tomatoes (or 1<br>small can)                    |
| 1 Daisy Ham or Polish<br>Sausage                  | Pinch of savory<br>Salt and pepper                |
| 2 onions and 2 cloves<br>garlic                   | 1 tablespoon flour<br>Grated cheese<br>and crumbs |



The beans should be soaked over night and then boiled until they are soft. In a pan, brown the onions and meat. Add the chopped garlic and tomatoes and all ingredients except cheese. Cover with water and cook slowly until meat is

cooked. Let gravy reduce till well concentrated.

Drain the beans and save the gravy. Put the beans in a casserole. If the Daisy Ham is used, slice it and lay it on the beans. If Polish Sausage is used, it should be cut in three-inch lengths. Pour the gravy over the contents of the dish, sprinkle with crumbs and grated cheese. Bake at 350 degrees F. oven until golden brown.

*State of Maine Yellow Eye* and *State of Maine Kidney Beans* are excellent for this dish.

## Baked Bean and Frankfort Casserole

2½ cups baked <i>State of Maine Beans</i> or	½ cup brown sugar, firmly packed
1 #2 can Baked Beans ( <i>State of Maine Packed</i> )	2 tablespoons vinegar
2 teaspoons dry mustard	¼ teaspoon salt Pepper
	1 pound frankforts

Put 1¼ cup Baked Beans into a one and one-half quart size casserole. Sprinkle with 1 teaspoon mustard, ¼ cup brown sugar, 1 tablespoon vinegar, and salt and pepper. Repeat. Partially bury the frankforts in the top of the beans. Cover casserole and bake at 375 degrees F. for 30 minutes. Uncover and brown 15 minutes. Makes 4 to 6 servings.

## Thelma Robie's Chili Baked Beans

2 cups left-over <i>State of Maine Baked Beans</i> or 1 can <i>State of Maine Baked Beans</i>	½ of a green pepper
1 medium onion	1 or 2 teaspoons chili powder
2 tablespoons fat	1 cup canned tomatoes
½ lb. ground meat or any left-over cooked meat	½ teaspoon garlic powder or 1 clove garlic, finely chopped Salt and pepper

Brown the onion, green pepper, and meat in fat, add tomatoes and seasoning. Lastly, add left-over *State of Maine Baked Beans* or canned *State of Maine Beans*. Simmer together in stew pan or cook in a casserole in the oven. Frankforts may be used instead of other meat.

### **Thelma's Baked Bean Succotash**

2 cups (or any left-over) <i>State of Maine Baked Beans</i> (light colored preferred)	2 cups fresh corn or <i>State of Maine Canned Corn</i>
1 medium onion	2 tablespoons fat
½ green pepper	Salt and pepper

Brown onion and green pepper in fat. Add *State of Maine Baked Beans* and corn. Add seasoning to taste. Simmer together until well blended.

### **Baked State of Maine Beans for Fifty**

Do you wish to bake *State of Maine Beans* for a crowd of fifty people? This recipe is your answer.

6 pounds <i>State of Maine Beans</i>	2 tablespoons dry mustard
1 pound salt pork	1½ teaspoons black pepper
1 cup sugar	2 medium onions, chopped
2 cups molasses	
5 tablespoons salt	



Soak *State of Maine Beans* over night. In the morning parboil until the skins crack when blown upon. Score the salt pork rind, then cut a small portion of the salt pork and place in bottom of a baking dish with the onions. Add the *State of Maine*

*Beans*, bury the remainder of salt pork on top of the beans. Mix the other ingredients with 1 pint boiling water and pour mixture over the beans, with enough boiling water to cover. Bake 12 hours at 275 degrees F., adding more boiling water as necessary.

### Baked Bean and Egg Salad

- |  |  |
|--|--|
| 1 quart baked <i>State of Maine Beans</i> or 2 cans of <i>State of Maine Baked Beans</i> | 1 teaspoon prepared mustard                  |
| 4 hard-cooked eggs, sliced   | $\frac{3}{4}$ cup sliced scallions or onions |
| 1 tablespoon chili sauce   | 1 tablespoon chopped green pepper            |
| 1 tablespoon chopped chives  | 1 tablespoon chopped parsley                 |
|  | $\frac{1}{2}$ teaspoon salt                  |

Mix lightly with a tart French dressing or mayonnaise. Serve on lettuce.

## Iva Waring's Baked Bean and Cabbage Salad

Chop or shred crisp cabbage and combine with cold baked *State of Maine Beans*, either home baked or canned, in equal quantity. Season with salt and pepper to taste and serve on lettuce with thinly sliced cucumbers as garnish.

A slaw dressing of  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup vinegar and 1 teaspoon celery seed, or a home cooked salad dressing may be used.

## Helen Struchtemeyer's Kidney Bean Salad

1 can Kidney Beans ( <i>State of Maine</i> Packed) or	1 medium onion, sliced thin
3 cups cooked <i>State of Maine Kidney Beans</i>	2 hard cooked eggs, sliced
$\frac{1}{2}$ cup sweet pickles, chopped	$\frac{1}{8}$ lb. cheddar cheese cut in small cubes Salt and pepper to season

Toss ingredients together, mix with a small amount of mayonnaise and place on lettuce. For variation, add 1 tablespoon chili sauce to the salad.

\* \* \* \* \*

When baking *State of Maine Beans*, bake an extra quantity, cool, pack in moisture-vaporproof cartons of the size needed for a family meal. Freeze and store at 0 degrees F. or lower, or lacking a freezer,

can the beans to use in the hot summer months. Left-over *Baked State of Maine Beans* may be frozen or processed also.

### Some Ways to Serve Baked STATE OF MAINE BEANS

Reheat the baked *State of Maine Beans* for Sunday morning breakfast or Monday lunch. Make a sandwich of dark or white bread with a filling of cold baked *State of Maine Beans*, and a layer of thinly sliced raw onions which have been marinated in vinegar, salt and pepper.

Or, substitute thin slices of cucumbers marinated in the same manner as the onions. Seasonings other than those given in the recipes may be used as suit the taste; bacon, brown sugar, maple syrup, garlic, curry powder, ginger, paprika, thyme, oregano, and, of course, more or less salt pork according to personal taste.





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