1985

Maine Beans

Maine Bureau of Agricultural Marketing

Follow this and additional works at: https://digitalmaine.com/food_marketing

Recommended Citation

https://digitalmaine.com/food_marketing/8

This Text is brought to you for free and open access by the Economic and Community Development at Digital Maine. It has been accepted for inclusion in Agricultural and Seafood Marketing and Cook Books by an authorized administrator of Digital Maine. For more information, please contact statedocs@maine.gov.
LEAN AND HEARTY BEEF AND BEAN STEW

For 4-6 servings:

- 1 1/2 cups Maine Jacob's Cattle Beans (3/4 lb.)
- 3/4 to 1 lb. lean stewing beef, cut in small cubes
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 large carrots, cut in half-inch slices
- Flour
- 1 large onion, peeled but left whole, stuck with 4 cloves
- 1 large can (28 oz.) of peeled Italian style tomatoes, chopped, with their juice
- 1 tomato can red wine (or water)
- 1 tablespoon brown sugar (optional)
- 1/4 lb. lean salt pork
- 3/4 to 1 lb. shredded mixed greens, not more than half of them strong-flavored ones such as turnip greens, mustard or kale. Choose from these three plus dandelions, spinach, romaine lettuce, lamb's quarters, swiss chard, beet greens or other favorite
- 1/2 cup minced fresh parsley
- 1/2 cup minced fresh basil or 1 tablespoon dried basil
- 2 small stalks celery
- 1 large onion, chopped
- 1 1/2 cups Maine Yellow Eye Beans
- 1 large onion, chopped
- 2 small stalks celery
- 3 tablespoons olive oil
- 1/2 cup minced fresh basil or 1 tablespoon dried basil
- 2 garlic cloves, minced fine
- Salt to taste
- 1 or 2 garlic cloves, minced fine
- 1 teaspoon chili powder or more to taste
- 1 cup shredded natural sharp cheddar cheese
- Corn chips, crisp vegetables and/or crackers, for dipping
- 2 large garlic cloves, minced fine
- About 1/3 cup liquid — beer, tomato sauce, bean-cooking liquid or broth
- 1 teaspoon chili powder or more to taste
- 1 cup shredded natural sharp cheddar cheese
- Corn chips, crisp vegetables and/or crackers, for dipping
- 1/2 cup minced parsley, basil and garlic and cook

Mainly Bean Soup with Greens

- “Cooking Beans.” Dust beef with flour and fry in mixed oil and butter until brown. Add everything else and, if necessary, add water until liquid barely shows through top of beans. Bring to a boil, then reduce heat and simmer uncovered, stirring occasionally and adding water if necessary, for about 2 hours, or until meat and beans are very tender and sauce is nicely thickened. Fish out the onion, discard cloves, chop and return to stew. Serve with biscuits or whole wheat bread or a sauce for pasta. This recipe contains very little fat, so it's an excellent choice for those who would like to watch their weight.

Down East Bean Dip

- 2 1/2 cups flavorful cooked beans (use baked beans, spicy soldiers, chili, or canned beans)
- 1/4 lb. lean salt pork
- About 1/3 cup liquid — beer, tomato sauce, bean-cooking liquid or broth
- 1 teaspoon chili powder or more to taste
- 1 cup shredded natural sharp cheddar cheese
- Corn chips, crisp vegetables and/or crackers, for dipping

Cut the pork into quarter-inch cubes, dump in boiling water and drain at once. In medium-sized iron skillet, fry pork over medium heat until brown and crisp. Add beans and mash into the fat. As they cook, slowly incorporate the liquid. Keep mashing, stirring and adding; in about 10 minutes you should end up with a chunky paste about the texture of thick mayonnaise. Season to taste with the chili powder and stir in the cheese shreds. Serve bubbling hot — in a fondue pot or small chafing dish if possible.

Mainely Bean Soup with Greens

- 1 1/2 cups Maine Yellow Eye Beans
- 1 large onion, chopped
- 2 small stalks celery
- 3 tablespoons olive oil
- A hambone (optional)
- 2 quarts shredded mixed greens, not more than half of them strong-flavored ones such as turnip greens, mustard or kale. Choose from these three plus dandelions, spinach, romaine lettuce, lamb's quarters, swiss chard, beet greens or other favorite
- 1/2 cup minced fresh parsley
- 1/2 cup minced fresh basil or 1 tablespoon dried basil
- 2 large garlic cloves, minced fine
- Salt to taste
- 1 or 2 garlic cloves, minced fine
- 1 teaspoon chili powder or more to taste
- 1 cup shredded natural sharp cheddar cheese

Soak and drain beans as described under “Cooking Beans.” Heat olive oil in your soup pot and cook celery and onion in it over medium heat until they are transparent. Add beans (and hambone) and 2 quarts cold water. Bring to boil, then reduce heat and simmer 1 hour or until beans are almost tender. Add shredded greens, in order of toughness, and cook about half an hour more, or until all greens are tender and the beans are falling apart. Stir in parsley, basil and garlic and cook about 5 minutes more. Add salt to taste and serve at once, with the cheese on the side for sprinkling. Even without the hambone, this is hearty enough to be a meal when served with crusty French bread, or fresh cornbread.

Bean Porridge, Anyone?

On early 19th century New England farms, bean porridge was one of the original convenience foods. First, dried beans were gently stewed with plenty of meat and corn until the mixture became a heart-warming whole. Then, bowlfuls were set outdoors until frozen, slipped from the molds and hung by string loops from the rafters of the kitchen shed. Slices were sawed off and reheated as needed. Considered best when slightly aged, this was a direct descendant of the “pease porridge in the pot, 9 days old,” sung in the familiar nursery rhyme.

Start Your Year with Beans to Start It Right

Eating beans on New Year's Day is supposed to bring good luck. New Englanders do it with baked beans, while Southerners prefer red beans and rice or Hoppin' John, a bean and rice dish based on black eyed peas. In Japan, the festivities come in February on "Bean throwing day," when politicians, actors and popular sports figures toss dried beans to the waiting crowds. Hurriedly taken home, cooked and eaten, these beans are supposed to bring long life and prosperity.

Maine Beans, A Nutritional Bargain

Though the protein they contain is not "complete" by itself, beans need only be combined with a small amount of wheat, rice, corn, meat, nuts or dairy products to provide the same kind of high-quality protein as red meat, chicken or fish. Yet beans contain almost no fat, absolutely no cholesterol and are comparatively low in calories for the amount of goodness they provide. Beans are also an excellent source of dietary fiber, B-vitamins and phosphorus.
Maine's native Americans were the state's first bean-lovers. They taught the colonists how to plant bean vines among the cornstalks and reap maximum nourishment from the harvest by eating succotash, beans and corn bread. Even the native cooking method, the beanhole, was adopted by the newcomers. (A beanhole is a pit dug in the ground where a fire is burned down to coals. The coals are removed, a pot of beans put in, and coals piled back on top. Then earth is shovelled over everything and the beans are left to slowly simmer for an entire night and day.) Lumbercamp cooks made this hearty dish a specialty and to this day old timers insist that no beans, even those slowly and tenderly cooked in the woodstove, can compare with those cooked in a beanhole.

Beanhole beans are the legacy of the forest. Hundreds of varieties of the new world bean, Phaseolus vulgaris, which are the staple of the Maine hardwoods, were cultivated by the Maine's native Americans. Maine's Acadian forebears, the state's first European settlers, introduced the beanhole method to the New World. The American Frugal Housewife, published in 1832, where the baked beans are supposed to have been invented, proof that theirs is the only right way. The sour cream recipe below is therefore a compromise. In any event, the most convincing evidence of the nutritious, economical dried beans, depending on ready-made varieties. Bean soup, baked beans for Saturday night supper (and Sunday morning breakfast) are still a Maine staple.

**Cooking beans.**

**For 8 servings:**

- 6 cups dried Maine Yellow Eye beans
- 3/4 to 1 pound lean salt pork or slab bacon, on the rind
- 1 tablespoon dry onion
- 1 teaspoon crushed black pepper
- 1/3 cup Maine molasses
- 1 medium-sized onion, peeled and cut with 2 whole cloves

Soak and drain beans as described under "Cooking Beans." Then cover with cold water, bring to a slow boil and cook until skins split when the beans are blown out. Drain, saving liquid. Drop the meat into a pan of boiling water, turn off heat and let sit 5 or 10 minutes to remove excess salt. Drain and cut in half.

Put half of the meat, rind down, on the bottom of your beanpot. Combine 1 cup of bean-liquid with the mustard, syrup and pepper, and pour into the beanpot. Transfer this to the beanpot and bury the onion right in the middle. Pour in just enough additional bean-liquid until the end is just above the beans. Bring liquid to just below a boil and simmer, partially covered, until the beans are tender. This has mostly cooked away, usually 45 minutes to an hour. Stir only enough to prevent sticking.

**SWEET AND SPICY SOLDER BEANS, WITH SAUSAGE AND SOUR CREAM**

For 4-6 servings:

- 1 pound Maine Soldier Beans
- 2 cups chopped onion
- 1 1/2 inch length cinnamon stick
- 1/2 to 1 pound Italian sausage, hot or sweet
- 1 large garlic clove, crushed
- The thin outer rind of an orange, grated fine
- 2 tablespoons Maine honey
- 1 teaspoon crushed chilies (to taste)
- 1/2 teaspoon ground ginger
- 1/4 cup rum (optional)
- Salt to taste
- 1 - 1 1/2 cups sour cream

Soak and drain the beans as described under "Cooking Beans." Chop sausage coarsely and fry until lightly browned. Combine browned sausage with its fat, with everything else except rum and sour cream in your deep kettle or beanpot. Cover with 4 cups water, or enough to just show through the top layer of beans. Either bake or simmer very slowly, replenishing with water if necessary, until beans are very tender and liquid is reduced to a thick sauce, 2 or 3 hours. Add rum and salt to taste and serve in deep bowls, garnished with the sour cream. Corn tortillas make a good accompaniment.