

## **Pork and Beans Receipt**

1 ½ lbs. dried beans of your choice

12 oz salt pork or bacon

Enough water to cover the pork and beans while cooking

### **Directions:**

1. Soak the beans overnight.
2. Once the beans have been soaked, rinse them in a colander and drain out the water.
3. Pick through the beans to remove any stones or shrivel beans.
4. If using modern salt pork or bacon, put the pork into a pot with the beans. \*
5. Pour enough water over the pork and beans to cover.
6. Put on the stove over high heat and bring to a boil. Let boil for at least twenty minutes.
7. Once your pork and beans has boiled for twenty minutes, reduce the heat and allow to simmer for several hours. Check periodically and add water as needed so that the beans don't dry out.
8. The pork and beans are done when the beans are soft.

\*If using traditional salt pork, let it soak for several hours to remove some of the salt, and cut slashes in the rind of the pork or cut it into small pieces. Traditional salt pork was preserved in a tightly packed barrel layered with salt and often covered with a salt brine. This process kept the pork fresh for many months but also made the pork very salty. Consequently, the pork had to be soaked in fresh water to remove some of the salt before the pork could be used. Modern salt pork is cured and unsmoked and isn't preserved in salt in the same way, so it doesn't need to be soaked before using.