

JAMAICAN JERK BBQ BAKED BEANS

Yield: 8 Portions

Ingredients	Amounts
Ham hock, small, smoked	1 ea.
Canola oil	2 Tbsp.
Onions, minced	1 lb.
Garlic cloves, minced	3 ea.
Smoked paprika	1 tsp.
Allspice	¼ tsp.
Nutmeg	¼ tsp.
Cinnamon	¼ tsp.
Ground black pepper	½ tsp.
Garlic powder	1 tsp.
Cayenne	1 tsp.
Onion powder	1 tsp.
Thyme, dried	1 tsp.
Salt	½ tsp.
Canned tomatoes, small dice	1 cup
Navy beans, soaked overnight	1½ lb.
Ketchup	1 cup
Beer (ale or lager)	1 ea.
Coleman's dry mustard	¼ cup
Molasses	3 oz.
Jaggery or dark brown sugar	2 oz.
Apple cider vinegar	2 oz.
Water	1 qt.

Method

1. Preheat an oven to 300°F.
2. In a heavy bottomed pot, cook the ham hock in canola oil until browned.
3. Remove the hock and add the onions to lightly caramelize. Add the garlic and cook until aromatic. Add the spices and toast slightly until fragrant.
4. Add all remaining ingredients and the cooked ham hock, and bring to a simmer.
5. Cover the pot and place in the oven to bake for 5 hours. Stir the beans every hour or so. They may need more water as they cook.
6. After 5 hours, uncover the beans and remove the ham hock. Shred the meat from the ham hock and mix it back into the beans.
7. Continue to cook the beans uncovered in the oven for another 45 minutes to 1 hour. Serve.

Source: This recipe was developed by The Culinary Institute of America as an industry service to the Northarvest Bean Growers Association. All rights reserved.