

A recipe from

DAD'S COOKBOOK



Rating:

Ham Hock and Beans

Southern cooks aren't truly Southern until they can make this dish properly. Easy to make, just so you don't get impatient! That's why New Yorkers can't make it.

*2 Tbsp vegetable oil
8 medium smoked ham hocks, 4 oz each
2 cup chopped onions
1 lb dried navy beans
black pepper
2 bay leaves
10 cups water
salt*

In a medium Dutch oven with a lid, add the oil over medium heat. When the oil is hot, sear ham hocks in batches until brown, about 6 minutes. Remove and reserve ham hocks. Add onions to pot and season with pepper. Sauté for 2 minutes. Stir in the beans and bay leaves. Season with pepper. Sauté for a minute or two. Add ham hocks and water. Bring to a boil, then reduce heat to medium low and simmer for 2 hours, until meat falls off of the bone and the beans are creamy. Remove bay leaves and season with salt and pepper.

Yield: Eight to ten servings
Preparation time: 10 minutes
Cooking time: 2 hours 15 minutes

