

Eat The View



Recipes and Tips

Baked Beans

7oz Haricot beans (or 1 ½ cans of haricot beans)

8oz chicken or vegetable stock

4 oz water

1 teaspoon Worcestershire sauce

3 tablespoons ketchup

1 tablespoon tomato paste

1 ½ tablespoons brown sugar

1 ½ teaspoons vinegar

1 clove garlic, minced

Black pepper and salt

4 teaspoons cornflour

2 tablespoons water

Soak beans in the refrigerator overnight and up to 24 hours. Then drain beans and rinse. *Jump to making the sauce if using canned beans.

Place beans in a large pot of water over high heat, bring to a boil and skim off foam.

Reduce heat so it's simmering gently. Partially cover with lid and cook for 1 to 1 ½ hours until just tender (start checking at 45 minutes). Drain.

*Place all the sauce ingredients in a pot (except the beans) and mix. Then add the beans. Bring to a simmer for 20 minutes without a lid. Stir every now and then so the beans don't catch on the bottom of the pan.

Mix cornflour with water. Pour into pot while stirring, then cook for 2 minutes until sauce thickens.

Taste and add more seasoning if needed.