

BAKED BEANS - Vermont Style

Diane Trono

Why the Recipe is Special

Baked Beans are part of almost any barbecue and certainly part of any summer buffet. This version of baked beans belonged to Bertha (Bert) Berry Trono, my mother-in-law. As a farm girl from Hinesburg, her family had a sugar bush. Her family used maple syrup as a substitute for sugar in many of their recipes including their baked beans. This recipe hasn't changed in 70-plus years and is best cooked and served in a bean pot.

Ingredients

1 (2-lb.) bag of Soldier Beans from Maine
1 pkg. salt pork (4x4 square, about 1" thick)
1/2 tsp. dry mustard
1/2 tsp. ginger (powdered)
1 cup of Vermont maple syrup
1/2 cup Grandma's Original Molasses
1 small onion

Directions

Soak the beans in cold water overnight.
Next day, boil beans about 20 minutes or until the skin starts to crack; then rinse and drain.
* Preheat your oven to 325 degrees.
Mix dry mustard, powdered ginger, maple syrup, and molasses.
Place quartered small onion in the bottom of the bean pot.
Place drained beans into the bean pot.
Add syrup mixture and the chunk of salt pork and cover the beans with boiling water.
Bake @ 325 degrees 4-6 hours, checking hourly to be sure beans remain covered with water and to monitor whether they are fully cooked prior to 4-6 hrs. The beans are done when they are still in the shape of a bean but are cooked all the way through and almost mash when cut.
Enjoy!!