

SUNDERLAND



MAPLE SYRUP FESTIVAL

*April 1 & 2, 2017*



*Photo Credit  
- Jason Chow*

*Fridge Whisperer's*  
**OLD FASHIONED  
MAPLE BAKED BEANS**

[www.maplesyrupfestival.ca](http://www.maplesyrupfestival.ca)

## Fridge Whisperer's Old Fashioned Maple Baked Beans (serves 10)

An excerpt from *The Fridge Whisperer*:

### *Truly Tantalizing* CANADIAN CUISINE

- 3 cups dried navy beans, soaked overnight in cold water
- 1 medium yellow onion, diced
- ¼ pound salted pork belly, diced (see *Whisper, whisper* below)
- ½ cup packed brown sugar
- ½ cup ketchup
- ¼ cup pure maple syrup
- ¼ cup cooking molasses
- 2 teaspoons mustard powder
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper
- Boiling water

- Drain beans, place in a Dutch oven and add enough cold water to cover, then bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, uncovered, until skins on beans begin to split, about 40 minutes, stirring occasionally.
- Drain beans, place back in Dutch oven along with onion and diced pork. Set aside.
- Whisk together, brown sugar, ketchup, maple syrup, molasses, mustard powder, salt and pepper until well combined, then stir into reserved bean mixture and add enough boiling water to cover beans.
- Set Dutch oven on centre rack of preheated 250F oven, cover, and bake until beans have absorbed most of the liquid and are fork tender, about 6 hours

#### *Whisper, whisper*

- For a vegetarian option, omit salt pork and sauté onion in 2 tablespoons vegetable oil.
- If beans absorb all the sauce, add a little more boiling water to keep them moist until they finish baking.

Deb Rankine is the author of the popular *The Fridge Whisperer* cookbook series with book #8, *The Fridge Whisperer 5 Soups & Starters* published November 2016.

Sign up at [FridgeWhisperer.com](http://FridgeWhisperer.com) for Deb's delectable monthly newsletter, chock full of tricks-of-the-trade and family-friendly recipes. And follow her blog, "*Deb's Daily Dish*" for everyday mealtime inspiration!



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