

DASH OF MAINE COOKING CHALLENGE



HOLIDAY 2020

MAINE
BICENTENNIAL
COMMUNITY
COOKBOOK
maine200cookbook.com

Baked Yellow-Eye Beans

Martha Hadley • Fort Fairfield, Aroostook County

"Growing up on a farm in northern Maine meant being resourceful and managing a household on a strict budget. Baked beans were an inexpensive and healthy way to feed a large family. Every Saturday, my Mom would make a batch of homemade bread and a batch of baked yellow-eye beans for Saturday night supper. Often, there were beans leftover for Sunday brunch, either reheated or served cold on a piece of bread. When I grew up and moved to Ohio, I had trouble finding yellow-eye beans in the grocery store, so my Mom, who still lives in Fort Fairfield, started giving them to me for my birthday!"



2½ cups yellow-eye beans (about a ½ bag)

3 tablespoons molasses

4 tablespoons (½ stick) margarine

1 teaspoon dry mustard

1 teaspoon salt

3 tablespoons brown sugar

¼ cup chopped onion

Wash dry beans in cold water and drain. Place beans in a saucepan, and just barely cover with cold water. Bring to a boil and simmer on low heat for about 1 hour. Add remaining ingredients and stir gently. Pour into bean pot, and cover with foil. Bake at 300 degrees for 3 to 4 hours, checking periodically to make sure there's still liquid in the pot for the beans to cook in. Serve on Saturday night with red hot dogs, fried onions, and homemade bread.

Go to mainepublic.org to learn how to enter our Dash of Maine Holiday Cooking Challenge! All entries are entered into a weekly drawing for a copy of the Maine Bicentennial Community Cookbook!