

MOFGA BAKED BEANS

Burwell offers this recipe adaptation for the home cook:

- 1 pound beans (Navy, Pea, Yellow Eye, Marafax [a very old bean rescued by the late Pearl Smith of Unity and Burwell's favorite] or Great Northern are all good)
- 1 pound salt pork or ½ cup shortening
- ¼ c. molasses
- 2 Tbsp. maple syrup
- 1 ½ tsp. dry mustard
- ¾ tsp. salt (for salt pork) or 1 tsp. salt for shortening
- ¼ tsp. pepper
- ½ medium onion, diced

Soak beans overnight, drain; cover with fresh water and simmer for about an hour (until bean skin “flays” when you blow on a bean). Combine with remaining ingredients; add boiling water to cover plus a little more (about ½ inch above level of beans after stirring). Cook in a slow cooker for 6 to 8 hours.