



Red Beans with Rice

From "Harlem Really Cooks: the Nouvelle Soul Food of Harlem" by Sandra Lawrence, Lake Isle Press, 2006

INGREDIENTS

- 1 pound dried kidney beans
- 1 ham hock
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon dried thyme
- ½ teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon sugar

Serves 6

PREPARATION

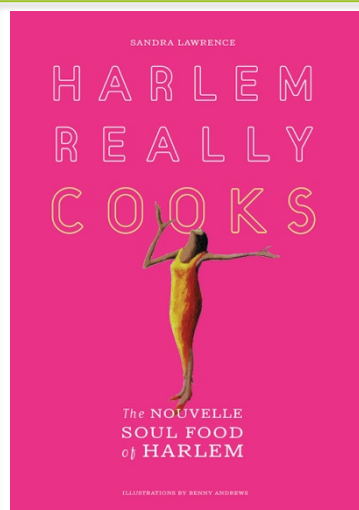
1. Rinse the beans, and soak in 4 cups cold water overnight.
2. Put the ham hock in a large pot with enough water to cover and simmer until soft, about 2 hours. Remove the ham from the liquid, reserving both the ham hock and the liquid.
3. Heat the olive oil in a large skillet, and sauté the onion, green pepper, and garlic until semi-opaque but not too soft, about 5 minutes.
4. Drain and rinse the soaked beans, and place them in a 6-quart pot. Add 4 cups of the liquid from the ham hock. Add the sautéed onion, green pepper, and garlic to the pot, along with the bay leaf, thyme, cumin, crushed red pepper, salt, black pepper, and sugar. Bring to a boil, and immediately lower to a simmer. Cover the pot and simmer for 1 hour. Cut the meat from the ham hock and add to the pot, and allow to cook for another 30 minutes. Serve with rice.



Dara O'Brien

VARIATION:

Instead of the ham hock, use 1 tablespoon corn oil and a few dashes of Liquid Smoke. For the ham hock liquid, use 4 cups water and a little Liquid Smoke.



Harlem Really Cooks: the Nouvelle Soul Food of Harlem By Sandra Lawrence

With "Harlem Really Cooks," author Sandra Lawrence offers a fresh take on traditional southern-style soul food. Chapters are arranged by the season, with a menu for every occasion, from a Sunday pot roast dinner to a Kwanzaa celebration. Or the homecoming meal Sandra would prepare for her niece when she visited home during college breaks, featuring Chicken Dzifa, Jamaican Peas and Rice, Tossed Iceberg Lettuce Salad with Vinaigrette, and a Mango Upside-Down Cake.

More than simply a collection of recipes, Harlem Really Cooks is also a portrait of Harlem, seen through the eyes of a life-long resident. Illustrations by renowned artist Benny Andrews.

Find out more: <https://www.lakeislepress.com/books/harlem-really-cooks>

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