

Since 1905



## Boston Baked Beans

### Ingredients:

14 oz. Dried Beans  
(navy, etc), pre-soaked  
overnight

2 fl. oz. Cooking Oil

1 tbsp. Salt

8 oz. Salt Pork or  
Bacon, diced

4 tbsp. Brown Sugar

3 tbsp. Black Treacle or  
Dark Molasses

1 tsp. Woerber's  
Salad Style Mustard

1 Large Onion,  
chopped

4 tbsp. Tomato  
Ketchup

### Instructions:

1. Preheat the oven to 300F. Place the beans in a large saucepan, cover with plenty of cold water, bring to the boil then reduce the heat and simmer for 10 minutes.
2. Meanwhile, heat a large frying pan until very hot. Add the pork and sear or brown on all sides.
3. Drain the beans, reserving the water, then place them in a large ovenproof casserole together with the pork and remaining ingredients. Add enough of the reserved water to come to about 2 inches of above the beans. Stir well.
4. Cover and bake for 3 hours.
5. Remove from the oven, mix again, add more water then re-cover, return to the oven and continue bake for a further 1 1/2 hours or until beans are tender. Uncover for the last 30 minutes of cooking.