



RED BEANS AND RICE

By Chef Jeremy Langlois

INGREDIENTS

- 1 pound dried kidney beans
- 1/2 cup shortening or bacon drippings
- 1 cup onions, chopped
- 1 cup celery, chopped
- 1/2 cup bell pepper, chopped
- 1/4 cup garlic, diced
- 1 cup green onions, sliced
- 2 cups smoked ham, diced
- 6 (3-inch) links smoked sausage
- 1/2 cup parsley, chopped
- 1 cup green onions, sliced
- 2 cups cooked rice
- salt and hot sauce to taste

DIRECTIONS

The cooking time of red beans will be cut by about 1/3 if the beans are soaked overnight in cold water. This will help soften the outer shell and naturally the cooking time will be shortened. In a 4-quart sauce pot, melt shortening or bacon drippings over medium-high heat.

Add onions, celery, bell pepper, garlic, green onions and smoked ham. Sauté approximately 5 - 10 minutes or until vegetables are wilted. Add smoked sausage and beans. Blend well with vegetables and cook for 2 - 3 minutes. Add enough cold water to cover beans by approximately 2 inches. Bring to a rolling boil and allow to cook 30 minutes, stirring occasionally to avoid scorching.

Reduce heat to simmer and cook approximately 1 hour or until beans are tender. Stir from time to time, as beans will settle to the bottom of the pot as they cook. Add chopped parsley and additional green onions. Season to taste using salt and hot sauce. Using a metal spoon, mash approximately 1/3 of the beans against the side of the pot to create a creaming effect. Once the beans are tender and creamy, they are ready to be served. Serve over rice.