

BRAISED BEANS WITH RED WINE AND TOMATO

Prepared by: Laura Lutz, November 2018

Source: Mallman on Fire

1 ½ pounds dried beans, soaked in water overnight and drained
¼ cup extra virgin olive oil
1 ½ cups chopped onions
1 cup chopped celery
8 garlic cloves, chopped
4 fresh thyme sprigs
3 bay leaves
Two 28-ounce cans San Marzano tomatoes, roughly chopped, with their juice
4 cups Rick Brown Stock (recipe follows), or as needed
2 cups medium-bodied red wine, such as Uruguayan Tannat
Coarse salt and freshly ground black pepper

Put the beans in a large pot, cover with water and bring to a boil.

Meanwhile, in a large skillet, heat the olive oil over medium heat and saute the onions and celery for about 5 minutes, until softened and translucent. Add the garlic and cook for a minute or two more. Remove from the heat.

Tie the rosemary, thyme, and bay leaves together with a piece of kitchen string.

When the beans have started to boil, skim off any foam that has risen to the top, then stir in the sauteed onion, celery, and garlic, the tomatoes, with their juice, the stock, red wine, and herbs.

The beans should be covered by at least 2 inches of liquid; add more stock or hot water if needed. Bring to a boil over medium heat, skimming off any foam that rises to the surface.

Once foam ceases to appear, reduce the heat to a gentle simmer and let the beans bubble slowly for anywhere from 45 minutes to 2 hours, depending on the type and freshness of the beans, until they are tender and somewhat broken. Stir the pot occasionally to make sure the beans are not drying out or sticking to the bottom, and add more stock or water if necessary.

When the beans are done, season with salt and pepper and serve.

Rich Brown Pork Stock

Makes about 5 quarts

4 pounds meaty pork bones and trimmings
One 1-pound beef shin, with marrow
2 medium onions, quartered
2 heads garlic, cut horizontally in half
2 large leeks, split, thoroughly washed, and cut into 2-inch pieces
6 celery stalks with leaves, cut into chunks

3 carrots, scrubbed and cut into chunks
4 bay leaves, preferably fresh
4 fresh rosemary sprigs
12 black peppercorns
Coarse salt and freshly ground black pepper
2 cups medium-bodied red wine, such as Uruguayan Tannat
About 6 quarts water

Heat an horno or the oven to 400 degrees.

Combine the bones, beef shin, vegetables, herbs, and peppercorns in one or two large roasting pans and season with salt and pepper. Roast for about 30 minutes, turning the bones and vegetables occasionally, until well browned.

Transfer the contents of the roasting pan to a large stockpot. Pour off any fat from the roasting pan, set over medium-low heat, and deglaze with the red wine, scraping up all the browned flavorful bits stuck to the bottom (or do this with both pans). Add this liquid to the stockpot, along with enough water to cover the solids by about 2 inches. Bring to a boil over medium heat, skimming off the foam as it rises to the top. When foam no longer rises, reduce the heat, add 1 tablespoon salt, and simmer gently for 3 hours, or until most of the meat has fallen off the bones and the liquid is very flavorful. Season with salt and pepper and turn off the heat.

When the bones are cool enough to handle, remove them from the pot. Pull off any remaining attached meat and return it to the stock. Set a large fine-mesh strainer over a large bowl and pour the stock through in batches, pressing down hard on the vegetables and meat with a wooden spoon to extract all the flavor. Taste for seasoning and refrigerate. When the stock is cool, skim off the fat. Refrigerate for several days or freeze for up to 2 months.

Laura's Notes: I added more wine to both the stock and the beans. I used cranberry beans and Tongues of Fire beans as he suggested. I order my beans from Purcell Mountain Farms. They held together even after cooking all day.

<https://www.purcellmountainfarms.com/> The stock is a labor of love. I did not sieve everything. Just boiled it all together and strained it.