

Red Beans and Rice ~ From the Kitchen of Janis Frey ~

Serves 8-10

I cook family dinner every Sunday. This was last week's dinner and it turned out so well I thought I'd share. We are lucky enough to have two great butcher shops in town and I was able to purchase a huge meaty ham hock and house made andouille sausage. I rounded out the meal with cornbread and braised collard greens. The family agreed that the 2017 Dusted Valley Wallywood from Stone Tree Vineyard was the perfect pairing.

1 pound of red beans
2 teaspoons Kosher salt
2 teaspoons paprika
1 teaspoon dried oregano
1 teaspoon dried thyme
1/4 teaspoon cayenne pepper
1/4 cup lard
1/4 cup flour
2 cups onions, small dice
1-pound andouille, sliced
1 1/2 cup celery, small dice
1 1/2 green bell pepper, small dice
2 cloves garlic, minced
2 quarts low sodium chicken stock, simmering
3 pounds ham hock
1 28 ounce can petite diced tomatoes
2 cups long grain rice, cooked per package instructions.
3 green onions, sliced, optional

Soak the beans overnight, drain soaked beans and set aside.



Combine the salt, paprika, oregano, thyme and cayenne in a small bowl, set aside

In an 8 quart Dutch oven over medium heat, make a roux by melting the lard and whisking in the flour. Continue whisking the roux until it turns the color of a brown paper bag. This will take about 5 minutes. If you burn the roux, discard and start over. As soon as the roux is dark quickly add the onions and cook, stirring for about 2 minutes. Add the andouille and continue to stir and cook for another 2 minutes.

Add the celery, peppers and garlic, stir and scrape the bottom of the pot so it is not sticking or burning for another minute or so. Add all of the seasoning, stir to incorporate

and then quickly add the hot stock a little at a time, stirring and scraping up the fond on the bottom of the pot.

Add the beans and ham hock to the pot, bring to a boil, then reduce heat to a simmer and cover the pot. Cook over low heat for 2 hours, stirring occasionally.

Taste several beans to make sure they are tender then remove the ham hocks to cool and add the diced tomatoes. Cook uncovered for about 30 minutes.

As soon as the ham hock is cool enough to handle, remove the bone, fat and gristle. Add the pieces of ham to the beans.

Taste and add more seasoning if necessary

Serve in a wide bowl with a scoop of rice and a sprinkle of green onions if using. Oh, and make sure you have a bottle of hot sauce handy.