

Bill Best's Shuck Beans

- 1 pint (3 lbs) shuck beans
- 1 ham hock or slab bacon
- 1 small onion
- salt

1. Cover beans with water and soak overnight (8 pm–8 am); pour the water off.
2. Cover beans with fresh water and soak in morning (8 am–noon); pour the water off.
3. Cover beans with fresh water and soak through noon (12–1 pm); pour the water off.
Pouring the water off each time removes any straw-like taste and gives the beans their own special flavor. Now the shuck beans are fully rehydrated.
4. Cover beans with fresh water and add ham hock or bacon and onion.
5. Salt to taste; beans cooked with a cured ham hock might not need additional salt.
6. Cook until beans are tender.

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Zella Caskey Gwynn's Baked Beans

- 2 C navy beans
- 8-10 slices uncooked bacon
- 3 tbsp brown sugar
- 1 tsp salt
- 1 tsp pepper
- 1 C catsup

1. Cover beans with water and soak overnight; pour the water off.
2. Cover beans with fresh water and cook about one hour; drain and retain water.
3. Preheat oven to 350 degrees.
4. Cut half of bacon and put in bottom of greased casserole dish.
5. Add half of beans in a layer and sprinkle with ½ tsp salt, ½ tsp pepper, and 1 tbsp sugar.
6. Cut rest of bacon and spread over beans.
7. Add rest of beans in a layer and sprinkle with ½ tsp salt, ½ tsp pepper, and 2 tbsp sugar.
8. Bake covered for two hours, adding water from cooking beans as needed.
9. Pour catsup over top of beans.
10. Bake covered for another hour, adding water from cooking beans as needed.



Gwynn Family recipe, circa mid-20th century

Cherokee Bean Bread

Bean bread is a traditional Cherokee dish that is served at community meals and festivals. Recipes vary by family and are passed from generation to generation.

- ½ lb dried pinto beans
- 2-4 C ground corn meal
- ½ lb salted back fat or bacon
- salt to taste



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1. Cover beans with unsalted water and cook two hours.
2. Drain and retain cooking water.
3. In large bowl combine beans, corn meal, and portion of hot cooking water until mixture is stiff.
4. Form mixture into hand-sized patties.
5. For extra flavor, wrap patties in corn husks or hickory leaves and tie with kitchen string.
6. Cook patties in unsalted, gently boiling water until done (about 30 minutes).
7. While patties cook, fry back fat or bacon in skillet.
8. Lift patties from water (and remove husks/leaves).
9. Salt patties to taste.
10. Pour grease from back fat or bacon over patties and serve with fried back fat or bacon.

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Three Sisters Fusion

- 2 C navy or other small white beans
- 1 spaghetti squash (about 4 lb)
- 1 ear sweet corn, cooked and stripped
- 1 red bell pepper, finely chopped
- 2 tbsp butter or margarine, melted
- 2 tbsp olive oil
- ½ C grated parmesan or romano cheese (or soy cheese for vegan dish)
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh basil, chopped
- salt and pepper to taste

1. Cook beans following package directions.
2. Preheat oven to 375 degrees.
3. Pierce squash with knife, wrap in foil, and bake 75 minutes. Unwrap and cool.
4. Cut squash lengthwise and remove seeds. Remove flesh and place in casserole dish.
5. Toss beans, corn, and pepper with squash.
6. Toss butter and oil in vegetable mixture.
7. Add salt and pepper to taste.
8. Sprinkle cheese, parsley, and basil on top.
9. Put casserole in oven to heat through and melt cheese (about 10 minutes).

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