

# **Tasting, Sampling and Sharing**

*with friends*

## **Guernsey bean jar**



### **Ingredients**

1 pigs trotter or shin of beef (I used a chunk of pork)  
½ lb (200g) dried Haricot beans  
½ lb (200g) dried Butter beans  
1 large onion – chopped  
2 carrots – diced  
1 bay leaf  
salt and pepper to taste  
2 pints beef stock or water

### **Method 1**

Soak the beans overnight with water

### **Method 2**

Set the oven to 150-170c or Gas mark 2-3

Serves 4-6

Place all the ingredients in either an earthenware pot or large casserole dish with a lid, pour over the water or stock

Cover the dish and place in the pre-heated oven for 6 – 8 hours

Check the dish occasionally and top up the liquid as required

Check the seasoning, remove the bones from the meat and skim any fat off the top and remove the bay leaf.

Serve with Guernsey Biscuits or crispy rolls.

It was so simple to make and absolutely delicious and filling. Jean read out that it was served in Guernsey as breakfast in the old days

**Jean Dronsfield 15<sup>th</sup> January 2013**