

Miele

Baked beans with steamed eggs and bacon

By Miele

20 minutes, plus soaking time

Preparation Time

2 hours 35 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Baked beans

200 g (1 cup) dried white beans
1 ham hock
2 sticks celery, finely chopped
1 large carrot, finely chopped
2 brown onions, finely chopped
2 tbsp olive oil
1 x 400 g tin crushed tomatoes
2 tbsp tomato paste
1 tbsp Dijon mustard, or to taste
2 tbsp maple syrup, or to taste
Salt flakes and pepper, to taste
1 tbsp roughly chopped parsley

Crispy maple bacon and muffins

6 bacon rashers
2 tbsp maple syrup
6 English muffins, homemade
or store bought, halved

Steamed eggs

20 g unsalted butter, softened
6 eggs
Salt flakes and pepper, to taste

METHOD

Baked beans

1. Place the dried beans in a large bowl. Cover with water and leave to soak for at least 8 hours.
2. Place the ham hock, half of the celery, half of the carrot and half of the onion in an unperforated steam container and cover with water. Place into the steam oven and Steam at 100°C for 1 hour.
3. Meanwhile, rinse the beans and place into another unperforated steam container and cover with water. Place into the steam oven with the ham hock and Steam at 100°C for another hour, or until soft.
4. Drain the ham hock stock, reserving the liquid and solids in separate containers. Cool slightly and remove the meat off the bones, roughly chop the meat; discard the bones and fat. Drain the beans and discard the liquid.
5. Place the olive oil, remaining celery, carrot and onion in a saucepan on medium heat, induction setting 6, and cook for 5 minutes or until the vegetables are tender.
6. Add the tomatoes, tomato paste, 1 cup of the chopped ham and 2 cups of the ham stock to the saucepan, bring to the boil and continue to cook for 20 minutes, covered. Add the beans and cook for an additional 10 minutes.
7. Stir through the mustard, maple syrup, salt, pepper and parsley. Taste and add more of these ingredients if desired.

Crispy maple bacon

1. Preheat the oven on Fan Grill at 240°C.
2. Place the bacon on a grilling and roasting insert in a universal tray and place into the oven on shelf level 4. Grill for 8 minutes.
3. Pull the tray out of the oven and brush the bacon with maple syrup. Cook for an additional 1 minute or until the maple syrup caramelises. Remove the bacon from the oven and turn off the oven.
4. Place the halved muffins on a universal tray and into the oven on shelf level 2 to warm, as the oven is cooling down.

Steamed eggs

1. Lightly grease 6 small ceramic containers with the butter. Crack one egg into each container. Place the containers onto a large, perforated steam container.
2. Place in the steam oven and Steam at 90°C for 3 minutes or until done to your preference.

To serve

1. Serve the steamed eggs with baked beans and crispy maple bacon on an English muffin.

Hints and tips

- This recipe is perfect use of the ham bone after Christmas!
- Eggs can also be poached in a saucepan of water on medium-high heat, induction setting 7.