

## RED BEANS AND RICE

*As Prepared by:*

**JUDITH BURKS AND ALBERT SABI**

- 1 ham shank
- 2 lbs. red beans
- 2 medium onions, chopped
- 2 stalks celery, chopped
- 2 tbs. parsley, chopped fine
- 1 bunch green onions, chopped
- 4 large cloves garlic, minced
- 1 tbs. salt
- 1 tsp. black pepper
- 1/4 tsp. cayenne (or more, if you like spicy food)
- 1/2 tsp. dried thyme

Cook the ham shank for 1 hour in large covered saucepan with water to cover. Wash and pick over beans. Add them with the onion, celery, green onions, and parsley to the pot, with additional water if needed to cover. Simmer for 1 1/2 hours. Add garlic, salt, black pepper, cayenne, and thyme to the pot and continue cooking for 1/2 hour longer. Mash a few beans against the side of the pot to thicken the gravy. Serve over hot steamed rice, with smoked sausage.

Adding the seasoning towards the end of the cooking time intensifies the flavor

*Judith Burks and Albert Sabi tried selling black beans and rice at the 1974 Jazzfest, using his family recipe (he is of Cuban - Puerto Rican descent.) "We thought they were great, and they made the front page of the Times-Picayune, but no one would buy them except a few devotees of Central American food. We even tried handing out spoon-sized samples, a la Baskin-Robbins, but it didn't work. We had a lot of black beans left over. Before the 1975 Festival, the staff decided they needed another red bean booth, so we switched to red beans and here we are, heading for our 11th year in the bean business."*