



Red Beans and Rice with Ham Shank

YIELD: Makes 4 to 6 servings

COOKING TIME: Prep 20 minutes Cook 5 hours 10 minutes

WINE SUGGESTION: 2018 Syrah, Dry Creek Valley

INGREDIENTS

1 tablespoon shortening, or as needed	2 stalks celery, chopped
1 white onion, chopped	2 bay leaves
3 cloves garlic, chopped	1 tablespoon Creole seasoning
1 green bell pepper, chopped	½ teaspoon dried sage
8 cups water	½ teaspoon dried thyme
1 pound dried red beans	1 dash hot pepper sauce
1 smoked ham hock	3 cups cooked white rice
1 pound smoked sausage, cut into bite sized pieces	

PREPARATION

Melt shortening in a skillet over medium heat. Cook and stir onion, garlic, and bell pepper in hot shortening until tender, 5 to 7 minutes.

Combine water, red beans, and ham hock in a large pot; bring to a boil. Stir onion mixture into the water; add smoked sausage and celery to the boiling water; return to a boil. Stir bay leaves, Creole seasoning, thyme, and sage into the boiling water. Reduce heat to low, place a cover on the pot, and simmer until the beans are tender, about 5 hours.

Remove and discard ham hock and bay leaves; stir in hot pepper sauce and serve over rice.