

SAVEUR

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Sep 12, 2012

Red Beans and Rice

In New Orleans, this Creole classic was traditionally served on Monday—laundry day—the idea being that a cook could leave her beans and rice simmering for hours on the stove while she went about her washing. Ham hocks cooked along with the beans give the dish a savory, smoky depth.



Credit: Maxime Iattoni

SERVES 6–8

INGREDIENTS

- ¼ cup canola oil
- 8 cloves garlic, finely chopped
- 6 ribs celery, finely chopped
- 2 large yellow onions, finely chopped

2 green bell peppers, stemmed, seeded, and finely chopped

Kosher salt, to taste

1 tbsp. ground white pepper

1 tbsp. dried thyme

2 tsp. dried oregano

1 ½ tsp. cayenne

1 tsp. freshly ground black pepper

1 lb. dried kidney beans, soaked overnight

4 bay leaves

2 smoked ham hocks

1 tbsp. hot sauce, such as Tabasco

Cooked white rice, for serving

Thinly sliced scallions, to garnish

INSTRUCTIONS

Heat oil in an 8-qt. Dutch oven over medium-high heat. Add garlic, celery, onions, and peppers, season with salt, and cook, stirring, until soft, about 12 minutes. Add white pepper, thyme, oregano, cayenne, and black pepper, and stir until fragrant, about 2 minutes. Add beans, bay leaves, ham hocks, and 6 cups water, and bring to a boil. Reduce heat to medium-low, and cook, covered, until beans and ham hock are tender, about 2 hours. Remove hocks from pot, remove and discard bones and skin, and finely chop meat; return to pot along with hot sauce, and stir until combined. Serve over rice in bowls and sprinkle with scallions.

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