# Baked Beans

## Ingredients:
- 500g Cannellini Beans/cooked
- 1 Onion/diced
- 1 clove Garlic/finely chopped
- 1 tsp. Smoked Paprika
- 2 TBS. Worcestershire Sauce
- 1 TBS. chopped Rosemary
- 500 mills Tomato Sauce
- 1 x 440g can diced Tomatoes
- 1 tsp Salt
- ½ tsp. ground Black Pepper

## Equipment:
- Chopping board & non slip mat
- Knives
- Frying pan/deep with lid
- Muffin Tins
- Bowls
- Wooden spoons
- Spatula
- Pastry Brush
- Measuring jug
- Scales

## Method:
1. READ THE RECIPE, DELEGATE JOBS, START COOKING
2. Collect all ingredients and equipment
3. Measure the beans. Set aside
4. Peel and dice the onion.
5. Peel and finely chop the garlic
6. Wash, dry then chop the rosemary
7. Measure the paprika and Worcestershire sauce into a small bowl
8. Heat a pan over a medium heat then add the onions sautéing gently for 5mins
9. Add the chopped garlic. Sauté for another 2 mins
10. Add the beans, stir together
11. Add the tomato sauce and paprika, stir to combine.
12. Cover with a lid. Bring to the boil. When at the boil reduce heat and simmer gently for 45mins to 1 hr
13. Taste for seasoning
14. Set aside for the next class
Baked Beans with Silver Beet & Eggs

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Equipment:</th>
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<tbody>
<tr>
<td>• 1 batch Baked Beans</td>
<td>• Chopping board &amp; nonslip mat</td>
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<tr>
<td>• 10 Silver Beet leaves</td>
<td>• Knives</td>
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<tr>
<td>• Olive oil</td>
<td>• Oven safe baking dishes x 2</td>
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<tr>
<td>• 2 dozen Eggs</td>
<td>large and 1 small</td>
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<tr>
<td>• Black Pepper</td>
<td>• Wooden spoon</td>
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<tr>
<td>• Chopped Parsley</td>
<td>• Serving spoon and heat mats</td>
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</tbody>
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Using the prepared Beans assemble the dish to bake in the oven

1. Remove the stems from the silver beet then wash thoroughly then dry
2. Shred the silver beet
3. Heat a pan over medium heat
4. Add a little oil. Add the silver beet then sauté for 5mins stirring so silver beet cooks evenly.
5. Mix the cooked silver beet through the beans
6. Spoon beans into oven dishes
7. Crack eggs onto the top of the beans then place into the oven to bake for about 15 to 20mins
8. Serve on heat mats wrapped in a towel with serving spoons
9. Garnish with some chopped parsley
Baked Beans and Eggs in Pita Cups

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Equipment:</th>
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<tbody>
<tr>
<td>• 1 qty. Baked Beans</td>
<td>• Chopping board &amp; nonslip mat</td>
</tr>
<tr>
<td>• 6 large pita Bread</td>
<td>• Knives</td>
</tr>
<tr>
<td>• 2 dozen eggs</td>
<td>• Muffin Tins</td>
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<tr>
<td>• Black Pepper</td>
<td>• Serving plates and tongs</td>
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<tr>
<td>• Oil to grease tins</td>
<td></td>
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<td>• Parsley to garnish</td>
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Using the beans prepared by previous class to assemble the cups

1. Lightly grease the muffin tins with the oil
2. Split the pita in half then cut each half into quarters
3. Line the tins with a piece of pita bread
4. Half fill with beans which were prepared earlier
5. Crack an egg into the centre
6. Sprinkle with a little pepper
7. Place into the oven and bake for 15-20 mins until cooked
8. Carefully remove from the muffin tins to a plate.
9. Garnish with herbs and serve with some tongs on the side