

## Jamaican Black Bean Pot

Molasses imparts a rich treacly flavour to the spicy sauce, which incorporates a stunning mix of black beans, vibrant red and yellow peppers, and orange butternut squash. This dish is delicious served with cornbread or plain rice.

### Ingredients

225g / 8oz / 1 ¼ cups dried black beans
1 bay leaf
30ml / 2 tbsp vegetable oil
1 large onion, chopped
1 garlic clove, chopped
5ml / 1 tsp English mustard powder
15ml / 1 tbsp blackstrap molasses
30ml / 2 tbsp soft dark brown sugar
5ml / 1 tsp dried thyme
2.5ml / ½ tsp dried chilli flakes
5ml / 1 tsp vegetable bouillon powder
1 red pepper, seeded and diced
1 yellow pepper, seeded and diced
675g / 1 ½ lb / 5 ¼ cups butternut squash or pumpkin, seeded and cut into 1cm / ½ in dice
salt and freshly ground black pepper
sprigs of thyme, to garnish

Serves 4

### Step One

Soak the beans overnight in plenty of water, then drain and rinse well. Place in a large saucepan, cover with fresh water, and add the bay leaf. Bring to the boil, then boil rapidly for 10 minutes. Reduce the heat, cover, and simmer for 30 minutes until tender. Drain, reserving the cooking water. Preheat the oven to 180 degrees C / 350 degrees F.

### Step Two

Heat the oil in the saucepan and sauté the onion and garlic for about 5 minutes until softened, stirring occasionally. Add the mustard powder, molasses, sugar, thyme, and chilli and cook for 1 minute, stirring. Stir in the black beans and spoon the mixture into a flameproof casserole.

### Step Three

Add enough water to the reserved cooking liquid to make 400ml / 14 fl oz / 1 2/3 cups, then mix in the bouillon powder and pour into the casserole. Bake for 25 minutes.

### Step Four

Add the peppers and squash or pumpkin and mix well. Cover, then bake for 45 minutes, until the vegetables are tender. Serve garnished with thyme.