

THE RECIPE COLLECTION

The Riches She Remembered

Southern Smoked Ham Hock Baby Lima Beans & Rice

Indulgence, conjured slowly.

The Riches She Remembered

Southern Smoked Ham Hock Baby Lima Beans & Rice

Smoky ham hocks, tender baby limas and rice cooked in their seasoned broth until thick, creamy and comforting, with every grain still holding its shape.

INGREDIENTS

THE POT

- 2.31 lb smoked pork hocks
- 1 lb dried baby lima beans, sorted and rinsed
- 10 cups water or unsalted stock, initially
- 1 large onion, diced; 6 garlic cloves, minced
- 2 tbsp unsalted butter; 1 tbsp Better Than Bouillon
- 1 1/2 tsp black pepper; 1/2 tsp white pepper
- 1 tsp smoked paprika; 1 tsp garlic powder; 1 tsp onion powder
- 1 tsp dried thyme; 2 tsp dried oregano
- 1 tbsp liquid smoke; 2 tsp adobo seasoning
- 1 1/2 cups dry long-grain white rice
- Additional hot water or reserved broth, only as needed

METHOD

1. Sort and rinse 1 lb dried baby lima beans. If quick-soaking, cover with fresh water, bring to a boil, remove from heat, cover for 1 hour and drain.

2. In a heavy pot melt 2 tbsp unsalted butter. Soften 1 diced large onion, then stir in 6 minced garlic cloves until fragrant.

3. Add 2.31 lb smoked pork hocks and 10 cups water or unsalted stock. Stir in 1 tbsp Better Than Bouillon, 1 1/2 tsp black pepper, 1/2 tsp white pepper, 1 tsp each smoked paprika, garlic powder, onion powder and dried thyme, 2 tsp dried oregano, 1 tbsp liquid smoke and 2 tsp adobo. Simmer gently until the hocks begin to tenderize, roughly 60-90 minutes or as needed.

4. When the pot has reduced from 10 cups to roughly 8 cups broth, add the prepared 1 lb baby lima beans. Simmer gently until tender, adding hot liquid if needed to prevent scorching. Bean cooking times vary. Remove the hocks, discard bones and inedible parts, and return the shredded meat to the pot.

5. As the beans finish, let the broth reduce naturally. The chef-tested pot held approximately 6 cups broth before adding rice. Reserve 3 cups broth in a separate heat-safe container, leaving roughly 3 cups broth in the pot with the beans and pork. These volumes are visual checkpoints, not rigid targets.

6. Stir 1 1/2 cups dry long-grain white rice directly into the beans, pork and remaining seasoned broth. Cover and simmer gently, checking after about 15-20 minutes, until the rice is cooked and the grains remain distinct. If needed, add the 3 cups reserved broth back a splash at a time, stirring gently and allowing the creaminess to settle before deciding whether to add more.

7. Rest off heat 5-10 minutes. Adjust with a little reserved broth only if needed, aiming for a thick, creamy, hearty consistency rather than a soup or a paste. Taste before adding any extra seasoning, since smoked hocks, adobo and bouillon contribute salt.

CHEF'S NOTES

• The chef-tested broth progression was approximately 10 cups at the start, 8 cups when beans were added and 6 cups before rice; 3 cups were removed and gradually returned only as needed.

• Evaporation depends on pot width, lid, heat and simmer time. Follow the texture, not the clock or an exact final broth volume.

• The dish should be smoky, savory and warmly peppery without pronounced heat. Keep the rice grains intact.

Indulgence, conjured slowly.