



Camellia
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Since 1923

Diets including Beans may reduce your risk of Heart Disease and certain Cancers

RED KIDNEYS
(NEW ORLEANS RED BEANS)

EIGHT 1 LB. (453 g)



CAMELLIA® BRAND

Lucius Hamilton Hayward founded L. H. Hayward & Company in 1923. L. H. was from Meridian, MS. He moved his family to New Orleans around 1920 and established himself in business as a wholesale supplier of fresh fruits and vegetables. During the 1920's the company served the local grocery stores and the French Quarter markets with produce grown on farms in Louisiana and Mississippi. L. H. died in 1941 leaving the business to his son, Gordon, and three daughters, Bessie, Marjorie and Dorothy.

Gordon ran the business for the next five decades until he died in 1991. Today the business is owned and operated by his two sons, Ken and Rick and two of their sons Connelly and Vince. The four generations of Hayward's have seen many changes over the years bringing the company from a small wholesale produce supplier to the manufacturing packager of Camellia brand dried beans, peas and lentils.

RED KIDNEY BEANS, a Hayward family recipe.

Louisiana red beans gained their popularity in New Orleans, where they were joined with rice for a customary Monday meal. This tradition began when ham was a popular choice in Louisiana for big Sunday dinners and Monday was laundry day. It was easy to throw the ham bone in a pot of beans and let them cook all day while the laundry was being done. Just know that the true New Orleans mixture calls for the cook to fix the rice and the beans separately. It's a rule!

INGREDIENTS

1 lb. Camellia red kidneys
1/2 lb. ham or seasoning meat
8-10 cups water
1 onion chopped
1 clove garlic chopped
2 tbs. celery chopped
2 tbs. parsley chopped
1 large bay leaf
Salt to taste

PREPARATION

Rinse and sort beans. Render meat in skillet. Remove meat and place on side. Sauté in fat in skillet onion, garlic, parsley and celery. Add these with meat, bay leaf, salt and pepper to beans in pot with water. Boil gently, stirring occasionally for about 1 1/2 hours, or until tender. Add water while cooking if necessary.



Please enjoy this Aunt Sally's family recipe provided by **CORPORATE REALTY**