

TASTE

FALL/WINTER 2017

Lima Bean Soup

A recipe of the bean soup served at the topping-out ceremony in 2005 for the Renée and Henry Segerstrom Concert Hall. The halfway point, where the highest beam in a project is put in place, was celebrated by guests and Henry Segerstrom, South Coast Plaza's co-founder and the founding chairman of the Segerstrom Center for the Arts.

2 cups dried lima beans
1 tablespoon vegetable oil
½ - ¾ lb. smoked ham hock or shank
2-4 cloves garlic, minced
1 medium-sized onion, diced
1 teaspoon ground nutmeg (fresh preferred)
1 teaspoon seasoned salt (brand such as Lawry's)
2 tablespoons brown sugar
½ teaspoon freshly ground pepper
4 large carrots, peeled and diced
4 stalks celery hearts, diced
½ cup chopped green cabbage (optional)
¼ cup parsley, minced

Rinse lima beans. Put in a large kettle and cover with water. Let rest four hours. Put the kettle of beans and water they were soaked in on stovetop on medium high heat. Add more water if beans are not covered. Bring to a boil then reduce to a simmer. Cover kettle and cook beans for half an hour.

While beans are cooking, trim as much meat from ham bone as possible with a sharp knife. Heat vegetable oil in a large sauté pan and add meat and bone. Sauté on medium high heat until crisp. Add onion, sauté until translucent, about 5 minutes. Add garlic, sauté 3 minutes more. Add ham, bone, onions and garlic to beans. Add a teaspoon of water to sauté pan to scrape up the crusty bits. Add carrots and celery, seasoned salt, pepper, brown sugar and nutmeg. Cook uncovered for 50 minutes, stirring to prevent sticking and adding water if soup is thickening too quickly—add about ¼ to ½ cup at a time. Check to make sure beans do not get broken. Remove and discard bone. Add cabbage (optional) the last 10 minutes. Mix in parsley before serving. Makes about 10 cups. Freezes well.