Boston Baked Beans (alternate)

beans DIALED

basis dried navy beans = 200 g variant of boston-baked-beans

	Ingredient	Grams	Baker's	Total	Method
1	dried navy beans	200	100.0%	16.0%	Soak beans in water for at least ***6 hours***
	water	360	180.0%	28.8%	
2	tomato paste	80.0	40.0%	6.4%	Combine ingredients in a pressure cooker and mix.
	molasses	40.0	20.0%	3.2%	
	brown sugar	40.0	20.0%	3.2%	
	salt	16.0	8.0%	1.3%	
	garlic, clove	16.0	8.0%	1.3%	
	worcestershire sauce	12.0	6.0%	0.96%	
	mustard powder	8.0	4.0%	0.64%	
	baking soda	5.0	2.5%	0.40%	
	black pepper, course ground	1.0	0.50%	0.08%	
3	sweet onion, medium dice	200	100.0%	16.0%	Add soaked beans (without the water) and onions to cooker
4					Cook at 1 bar for ***25 minutes***, natural release[1]
5	bacon, 1.5cm cubes	240	120.0%	19.2%	Add bacon and cook at 1 bar for ***3 minutes***. Natural release
6	apple cider vinegar	32.0	16.0%	2.6%	Stir in vinegar before serving
	Total	**1250**	625.0%	100.0%	

[1]Natural release: Turn off the heat and let the pressure drop on its own until the lid unlocks; 10-30 min, and the food keeps cooking meanwhile. For beans, grains, fruit, braised meat, desserts and stock.