



Frijoles Volteados (vegetarian recipe)

Cooked Beans

1 lb dried black or other beans (black beans are most common)

Rinse beans in water and drain 2-3 times. Pick out any fragments or pieces that float to the top or that otherwise look bad. Cover beans with 2-3 liters/quarts of water. Water should be about 3 inches above the beans. Add 1 diced onion, 3 large cloves garlic diced, and 1-2 teaspoons salt.

Boil for 1 1/2 – 2 hours until beans are tender. Boil partially covered to control the rate of water evaporation. The water cooks down and becomes a sauce. Generally, more water isn't added once the cooking process has begun. The finished whole beans can be eaten as is, served with rice, or used for frijoles volteados (see recipe below).

Refried Beans (Frijoles Volteados)

Dice a small - medium white onion finely. Saute onion in a frying pan using enough vegetable oil to coat the bottom of pan. Put approx 4 cups of cooked black beans in a blender with a little water and puree. Add bean puree to onion saute. Cook mixture over medium high heat until it reduces and the desired thickness is reached. Consistency varies, some prefer it more liquidly, others desired a thicker consistency.

Refried beans can be made and used as a dip with corn chips or served as a side dish. For extra spice add finely diced jalapeño or other chili pepper. Cooked beans can be made ahead and kept in the refrigerator.

Notes

The typical black beans in Guatemala are very small in size. They are not typically soaked overnight to reduce gases. If soaked overnight it's only to reduce cooking time the following day. Some Guatemalan cooks add a pinch of bicarbonate soda (baking soda) to whole beans near the end of cooking time to reduce any chance of gas.

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