

mexican beans

Equipment:

large saucepan with lid, measuring cup and spoon, scales, knife, chopping board, stick blender OR food processor, frying pan for onions

Ingredients:

250gms dried kidney beans
1 bayleaf
1 brown onion
oil to fry onions
*salt, to taste (you will need a lot)
freshly ground black pepper
1 tspn cocoa powder
1 tspn roast cumin
1 tspn stock powder
½ tspn sweet paprika
fresh chilli to taste, chopped finely

method:

Soak kidney beans in plenty of water overnight.

The next day drain beans, then put in a saucepan with fresh water, 8cm above the level of the beans. Put in the bay leaf, cover, bring to boil, allow to simmer for 1 hr. They need to be very soft.

Remove bayleaf. Puree hot beans with enough of their cooking water to make a thick porridge-like consistency (take some cooking water out, and add back in as necessary). BE VERY CAREFUL, AS THIS IS VERY HOT.

Add all ingredients from the *salt down, and mix well.

Dice onions finely, and fry well in a little hot oil. Stir through the beans (dont puree). Leave in pot to stay warm.

Serve when all else is ready, so that it stays hot.