

Frijoles Refritos | Refried Beans

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 10 hours

Chef's Notes

Black beans are also known as turtle beans. Black beans hold their shape well during cooking and have a velvety texture.

Epazote is a pungent herb that is often used in Mexican cooking. It has been compared to fennel, anise and tarragon. This seasoning is also known for its anti-flatulent properties.

Cooking the Beans

First sort through the beans and remove any stones. Rinse them well and cover with cold water. Soak the beans for up to 8 hours (or overnight).

If you have forgotten to soak the beans in advance, bring them to a boil over high heat for about 3 minutes. Drain, rinse with cold water and continue with the recipe.

To cook the beans, first drain the soaking liquid, rinse, and then place into a medium-sized pot. Mince the garlic and onion. Add these to the pot, along with the epazote. Cover with cold water and bring to a boil. Reduce the heat and let simmer for about an hour, or until the beans are almost cooked through.

Once the beans are almost done, add the salt. When tender, drain and reserve about one cup of the cooking liquid.

Place the beans into a food processor. Add the reserved liquid, a few tablespoons at a time. Add just enough to help blend the beans. They should still be a bit chunky.

Step 1: Cooking the Beans

- 1 cup dried black beans
- 1 clove fresh garlic
- 1/2 white onion
- 1 tsp epazote (optional)
- 2 tsp sea salt

Finishing the Beans

To fry the beans, heat a small, non-stick fry pan over medium heat and add the oil. Once the oil is hot, add the beans and stir to heat through. You can break up the beans even more with a potato masher, if you like. Let the beans fry for a few minutes until the excess moisture evaporates.

Once the beans are cooked, transfer them to a bowl. Top with sour cream, Mexican Crema (or creme fraiche) and garnish with a few strips of serrano peppers, if desired.

Step 2: Finishing the Beans

- 3 tbsp canola oil
- 3 tbsp sour cream (optional)
- 1 small serrano pepper (optional)