



## **FRIJOLES**

**Red kidney, black and pinto beans were a major part of the Mayan diet and are still common today.**

### **Ingredients**

- **450g red kidney, black or pinto beans, soaked overnight**
- **4 large garlic cloves**
- **2 bay leaves**
- **1 tablespoon oil**
- **1 onion**
- **2 chillis (optional)**
- **2 large tomatoes or 1 tablespoon tomato paste**
- **salt and pepper**

**Equipment: large saucepan, large frying pan, chopping board, knife, potato masher**

### **Method**

- 1. Place the beans in the saucepan and cover with plenty of water. Peel 2 cloves and add to the beans. Bring to the boil, add ½ tablespoon of oil and cook until soft (1-3 hours).**
- 2. Peel and finely chop the garlic and onion and place in a bowl. Finely chop the chilli and add to the bowl. Chop the tomatoes and add to the bowl.**
- 3. Heat the rest of the oil in the frying pan on a medium heat and gently fry the onion, garlic and chilli.**
- 4. Remove the cloves from the beans. Carefully add the beans and the liquid to the onion mixture and cook for about 30 minutes. Mash them into a rough puree,**
- 5. Season with salt and pepper before serving. Flavour improves if prepared 24 hours beforehand. Keep in the fridge.**

**Adapted from a recipe by Michelle Berridale**