

Frijoles Dormidos

-- estilo cubano --

The night before, take ...

1 lb. black beans

and inspect them for stones and other foreign matter. Wash them. And put them to soak in plenty of fresh water.

The next day, rinse and drain the beans. Add water until the water level is about a half inch above the beans. Then add the following ingredients:

1 small onion
1 green pepper
1 bay leaf
a little cooking oil

and cook them until the beans get soft (about 15 minutes of "whistling" in pressure cooker). Then, in a separate pot, prepare a sauce consisting of:

1/2 head of garlic (i.e., several cloves)
1 chopped onion
1 chopped green pepper
cumin, to taste
oregano, to taste
oil, to taste

and add it to the beans. Then add in:

1 Tablespoon of dry white wine
salt, to taste
hot pepper sauce, if desired

Being careful not to burn the beans, cook the mixture over a low fire until it thickens. Turn off the heat and stir in:

1 teaspoon sugar
2 Tablespoons olive oil

Note: I use a pressure cooker. You can use a regular pot, but it takes longer and you have to check the water level from time to time. IF you need to add water, add only boiling water. (Cool water can harden the beans).

Recipe courtesy of USINT staff.