

Cuban Black Beans and Rice

Moros y Christianos

Ingredients:

1 cup long grain rice
1 lb black beans
¼ lb salt pork
1 lb smoked ham hocks
1½ cups chopped red onion
1½ cups chopped green bell pepper
3 cloves garlic
½ tsp black peppercorns
2 tbs olive oil for sautéing
1 tsp oregano
1 tsp ground cumin
1 bay leaf
3 tbs vinegar
¾ cup dry red Spanish wine
2 tsp sugar
2 tbs olive oil for drizzling

Directions:

Pick over beans and soak in plenty of water overnight.

Place beans in large pot with 9 cups water, salt pork, ham hocks, and a splash of olive oil.

Cover then bring to a boil and simmer till tender about 2 to 2 ½ hours.

Remove 1 cup of beans and mash to make a thick paste.

Remove rind of salt pork and chop meat.

Remove meat from hocks and chop.

Add chopped meat and mashed beans back to beans in pot.

Sauté onions and green pepper in olive oil till translucent, mash garlic with salt and peppercorns, add garlic mixture and sauté for 1 minute more.

Add mixture to bean pot with oregano, cumin, bay leaf, vinegar, and wine, cover and simmer for 15 – 20 minutes.

Remove bay leaf, add sugar, drizzle with olive oil and serve with rice which you should cook in accordance with package instructions.