

FRIJOLES REFritos (REFRIED BEANS)

Source: Authentic Mexican by Rick Bayless

Prepared by: Kimi Nelson, May, 2016

Makes: 2 ½ cups or 4-5 servings

FRIJOLES REFritos (Refried Beans)

2 tablespoons rich-flavored pork lard, bacon drippings or fat rendered from chorizo sausage

½ to 1 small onion , finely chopped

1 large clove garlic, peeled and minced

2 ½ to 3 cups Brothy beans (see below) undrained

Salt, if necessary

Heat the fat in a medium size skillet over medium. Fry the onion until browned, about 8 minutes; add the garlic and cook 2 minutes. Raise the heat to medium high. Add one third of the bean and their broth to the skillet. Mash them with the back of a wooden spoon or with a potato masher. When the beans are coarsely pureed, add the next third, mash then add and mash the final third. Let the beans simmer, stirring nearly constantly, until they are thick but a little thinner than you want to serve them. The entire mashing and cooking process should take about 8 minutes. Season with salt.

BROTHY BEANS:

2 cups (about 13 ounces) dry beans; pink, pinto, black or other variety

2 tablespoons lard, bacon drippings or fat rendered from chorizo sausage

1 small onion, diced

1 large spring epazote for black beans (optional)

Salt, about 1 teaspoon

Rinsing and soaking the beans: Measure the beans into a colander, pick out any tiny dirt clods or pebbles, rinse and place in a 4-quart pan. Add 6 cups of water, remove any beans that float and let soak 4-8 hours. Or until you see no dry core when you break one apart. Or quick soak the beans by boiling them for a minute or two, then letting them stand off of the fire for 1 hour. Drain the beans completely.

Cooking the beans. Cover the beans with 6 cups fresh water, add the lard or other fat, onion and optional epazote, and bring slowly to a simmer. Partially cover and simmer over medium-low heat, stirring occasionally, until they are fully tender, 1 to 2 hours. If you see the beans peeking up through the liquid, add hot water to cover them by ½ inch.

Season with salt, remove the epazote, and the beans are ready to serve.

Cook's Notes: These were so easy to make and I even had a compliment from someone who doesn't like refried beans that these were great. But you need to start the day before to soak them overnight. I would definitely make these again!