

SPECIAL NOTES

BEAN RECIPES

Submitted by Roger F. Sandsted
 Dept. of Vegetable Crops, SUNY, Cornell University
 Ithaca, NY USA

Tastee Black Beans

Rules of the Thumbs: 1. 2 cups of dry beans = 1 pound.
 2. Use 3 cups of water to cook 1 cup of dry beans,
 adding additional water when necessary to prevent dry-
 ness. 3. Dry beans more than double their size when
 cooked (1 cup of dry beans = 2+ cups cooked). 4. Count
 1 cup of dry beans (dry before cooking) to serve 4 people.

If you start with dry beans, follow this procedure. Pick or clean the beans of dirt and small stones, wash two or three times in cold water until clean. For each cup of dry beans, cover with 3 cups of water, bring to a boil, simmer for 2 to 5 minutes, turn off the heat and let stand for 1 hour or better yet, overnight. Then bring to a boil and simmer until tender, making sure that they never boil dry. The short, pre-cook soak period is more beneficial for some varieties than for others, and it may not cause the beans to cook more rapidly, just more uniformly. All, instead of a part of the beans, will have taken up water before the cooking process begins. How long does it take to cook until tender? It varies greatly with varieties, the age of the beans and the storage condition that they have undergone, but black beans usually will be tender in 2 to 3 hours.

I do not pretend to be an expert on black bean cookery. The recipes that follow were obtained from friends or other sources. They have been modified slightly from the originals in most cases. They are offered only for your enjoyment. Surprisingly, there are many black bean recipes. Be on the lookout for them in the recipe sections of newspapers and magazines.

Black Bean Dip

1 cup black, cooked beans
 2 tablespoons shortening (preferably lard)
 1 medium onion, chopped very fine
 $\frac{1}{2}$ teaspoon garlic salt
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon Accent
 2 tablespoons Worcestershire Sauce
 $\frac{1}{8}$ teaspoon tabasco sauce (optional)
 1 tablespoon sugar
 salt to taste

Fry the onion in the shortening until completely brown. Add the beans and all other ingredients and mix in a blender until highly pureed. Simmer over low heat for 20-25 minutes (careful, don't burn). Add milk if puree gets too dry or until it has the consistency of a dip. Serve hot or cold with potato chips, crackers or tortillas. Serves 6-10 depending on amount of other dips or hors d'oeuvres available.

* * *

Black Beans Cuban Style (Soup)

2 cups (1 lb) dry, black beans
 3 tablespoons olive oil
 $\frac{1}{2}$ pound chopped onion
 $\frac{1}{2}$ pound chopped green pepper
 4 garlic cloves crushed in a mortar
 $1\frac{1}{2}$ teaspoons cumin
 $1\frac{1}{2}$ teaspoons oregano
 2 teaspoons salt - add to beans when they are cooking

Cook beans until tender. Saute onions, peppers, cumin and oregano together in the olive oil. Add to beans and simmer 25 minutes. Add water for desired consistency of soup. Serve with rice. Chopped onions marinated in equal portions of olive oil and vinegar are a tasty garnish. Serves 8.

* * *

Black Beans and Vinegar

1 cup ($\frac{1}{2}$ lb) dry, black beans
 1 bay leaf
 $\frac{1}{4}$ cup olive oil
 1 clove chopped or crushed garlic
 1 teaspoon salt
 $\frac{1}{2}$ cup sweet red pepper, finely chopped
 $\frac{1}{3}$ cup onion, finely chopped
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon cumin
 1 teaspoon red wine vinegar (or add until desired flavor is obtained)
 1 pound cubed lean pork or sausage made into small balls

Cook beans with the bay leaf until tender. In a separate pan heat the olive oil with the garlic, salt, red sweet pepper, onion, oregano and cumin for 15 minutes; then add to beans. Fry the pork or sausage until brown and well done. Combine all ingredients and simmer 1 hour. Before serving, add one teaspoon red wine vinegar. Serve with rice. NOTE: If preferred the pork may be deleted. Serves 4 to 5.

* * *

Black Beans and Sherry (Soup)

2 cups (1 lb) dry, black beans
 $\frac{1}{2}$ lb ham, cubed
 1 grapefruit peeled and cut into small pieces (or try an orange or a cup of deseeded grapes)
 2 beef bouillon cubes
 1 green pepper chopped fine
 1 garlic clove crushed
 $\frac{1}{4}$ cup dry sherry wine
 1 teaspoon salt

Cook beans until tender. Add all other ingredients and simmer for one-half hour. Serve in soup bowls with side dishes of rice. If desired, garnish with finely chopped fresh onions marinated in equal portions of onion and olive oil. Serves 8.

* * *

Black Beans with Pork

2 cups (1 lb) black, dry beans
 $\frac{1}{4}$ cup olive oil
 1 clove minced garlic
 1 large onion chopped fine
 1 green pepper chopped fine
 1 teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 1 pound lean pork, cut into small cubes and lightly salted
 $\frac{1}{2}$ pound lean sausage, cut into small cubes or formed into small balls
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ cup dry red wine

Cook beans until tender. Heat the olive oil in a skillet and add the garlic, onion, green pepper, black pepper, salt and simmer for 20 minutes. Fry pork and sausage until completely cooked. Puree one cup of the beans, add to the puree the wine and orange juice and simmer the cooked meat in this mixture for 5 minutes. Remove the meat and mix it with the whole beans. Serve the beans and meat mixture, beans, and wine and orange juice sauce each in separate dishes with boiled rice. Each diner takes whatever proportion desired of each dish and mixes them all together or keeps them separate on the plate. The meat may be served as a separate dish without mixing it with the whole beans, but then the quantities of pork and sausage must be increased greatly from that given in the recipe. Tasty additions to the meal are sections of oranges or grapefruit or try chopped onions that have been marinated in olive oil and vinegar. Serves 8.

* * *

Baked Beans (for a change)

This dish is a departure from black beans. If you like baked beans, you will find this one to be one of the best.

2 pounds (4 cups) dry, true small white beans, preferably the Aurora variety
 $\frac{1}{2}$ pound bacon cut into small pieces and fried until lightly brown
1 medium onion chopped fine, fry with bacon
 $\frac{1}{2}$ cup sugar
 $\frac{1}{8}$ cup molasses plus $\frac{1}{8}$ cup pure maple syrup
1 teaspoon dry mustard
 $\frac{1}{2}$ teaspoon pepper
1 tablespoon salt

Follow the same procedure as for preparing black beans for cooking. Then simmer beans on top of stove for 3 hours with all other ingredients. Transfer to a large bean pot and place in oven at 325°F for another 3 hours. Bake the last half hour with bean pot lid removed (keep amply moist). If you must use something other than small whites, reduce the cooking time or the beans may become excessively mushy. Serves 12. Leftovers can be frozen.
