

FRIJOLES DE LA OLLA

Clay Pot Beans

INGREDIENTS:

- 2 lbs. dry black beans
- ½ medium white onion
- 4 garlic cloves (OPTIONAL)
- 4 large sprig of epazote (OPTIONAL)
- Sea salt to taste

PREPARATION:

1. Clean the beans thoroughly. You are looking for bean-shaped stones or bad looking beans. Rinse well.
2. Place the beans in a bowl and cover with water 3 inches over the beans and allow to soak for at least 2 hours or overnight. Drain the beans and discard the water were they soaked.
3. Place the beans in a large 8 quart pot or an earthenware olla. Add the beans and 6 quarts of water. Add the epazote, onion and garlic. The onion and garlic do not need to be peeled or chopped since the point of adding them whole is to easily remove them after they cook. Cover and bring to a boil.
4. Reduce the heat to medium-low and simmer covered for 2-3 hours or until the beans are tender. Stir the beans occasionally. Add hot water to keep the water level to about 5 inches above the level of the beans.
5. After the beans are completely cooked and tender, season with salt and simmer another 10 to 15 minutes to absorb the salt. Beans should never be salted before they are cooked completely or they become tough. Remove the garlic, onion and epazote. Remove from the heat. The beans are ready to serve in a bowl with the broth.
6. Although the beans are delicious freshly made, beans are generally best served reheated or refried (see the refried bean recipe). To add flare during the simmering process you



www.lavillabonita.com

+1-646-216-8604 US

Mexicó's # 1 Culinary Vacation Destination

reservations@lavillabonita.com

www.youtube.com/chefana



can add a fresh roasted and chopped jalapeno, poblano, or serrano or add a dried chile such as chipotle.

Do you love La Villa Bonita and Chef Ana's videos? Help Chef Ana keep her promise of an episode a day as we get through this time together. Reserve. Subscribe. Donate. Make your culinary vacation reservation with flexible open dates and a big discount or reserve with a deposit of only \$500 USD per person. More at <http://bit.ly/keeplyvbcooking>. Donate at <http://gf.me/u/xrm8w7>. All donations apply as a credit to future reservations, will help with basic expenses, and will keep our employees safe at home. Help Chef Ana keep her promise of an episode a day as we get through this time together! Sign up for all of the recipes with our newsletter at www.lavillabonita.com and subscribe to our youtube channel at www.youtube.com/lachefana

www.lavillabonita.com

+1-646-216-8604 US

Mexicós # 1 Culinary Vacation Destination

reservations@lavillabonita.com

www.youtube.com/chefana