

Kay's Essex Road Recipes. July 2015.
Refried beans

Ingredients for 4 people

400g dried pinto beans, soaked overnight or for 8 hours in plenty of water.

1 medium onion very finely chopped

1 clove garlic very finely chopped.

Olive oil (you can also use pork fat)

Salt

What to do. Roughly speaking:

Drain the water off the soaked beans.

Place them in a large saucepan with plenty of water and a little and bring to the boil. Lower the heat and simmer for 45 minutes – 1 hour, until the beans are soft.

(you can cook the beans without soaking, it will take about 90 minutes – 2 hours)

Drain the beans, set them aside, and keep some of the cooking liquid in a jug.

Heat the olive oil – you need enough to cover the bottom of the pan - and fry the finely chopped onion and garlic. Turn down the heat, cover the pan and sweat the onion and garlic until soft and translucent.

Keeping the heat on, but very low. add the cooked beans and a little salt. Using a potato masher, mash them together with the onions and garlic. Add a little of the liquid in which you cooked the beans to make them easier to mash, but take it easy, you don't want them too sloppy. Taste a little and add more salt if it needs it.