

EPICUREAN ESSENTIALS

Beans with Epazote

- 1 pound dry beans
- 1 tablespoon oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tablespoon fresh epazote or ½ tablespoon dried
- 1 ½ teaspoon ground cumin
- salt to taste

Sort beans and soak overnight. After soaking, drain and rinse beans. Heat oil in a large pot over medium heat. Saute onion in oil until translucent, about 5 minutes. Add minced garlic and stir. Immediately add soaked and rinsed beans and enough water to cover beans by about 1". Stir in epazote and cumin. Do not salt at this time. Bring beans and water to a boil then lower to a simmer and cook covered until beans are tender, about 2 ½ hours. Salt to taste and serve hot.

Notes:

Check beans to make sure enough liquid remains during cooking. If too much liquid remains after beans are tender, remove lid and raise heat to medium-high. Stir frequently to prevent burning while any extra liquid evaporates.

For additional flavor, smoked ham hocks and or smoked chiles can be added during cooking. Homemade stocks can also be used in lieu of water, but I avoid store bought stocks and broths as the salt they contain can make the beans tough.