

GALLO PINTO RECIPE

There are more than a thousand and one ways to prepare Gallo Pinto, so don't be afraid to experiment. However, there are two major schools: the "rice-first" (you fry the rice a little bit before adding the beans), or the "beans-first," where you add the beans first to the spices and then the rice, such as in this recipe. We obviously follow the beans-first school.

Below are some basic recipes for rice and for beans, however, you can cook them anyway you like, and can do so ahead of time as well.

RICE

1 cup rice
2 cloves garlic diced
1 medium onion diced
2 cups Water
1-2 teaspoons of oil
1 teaspoon salt

Preparation: Rice should be fluffy for Gallo Pinto, so adjust water as needed depending on the type of rice you are using. Place all ingredients in a rice cooker, blend until all is mixed with the water and cook. Let the rice cool when finished and move with a fork in order to fluff the rice. Here at the Zen Center we use basmati rice but regular rice works as well.

BEANS

½ pound of black or red beans
½ medium onion diced
4 sprigs of thyme, 2 sprigs of oregano
2 bay leaves
1 stick of celery
1 sweet red pepper diced
1 bunch of cilantro finely chopped
Water
Salt to taste

Preparation: Soak beans for a minimum of 6 hours or overnight before cooking. Discard soaking water, rinse, and place beans in slow cooker, covering the beans with

water until it reaches approximately 4 fingers above the beans. Add onion, thyme, red pepper, cilantro, celery and bay leaves and stir all ingredients together. We also use kombu. Add salt to taste and cook beans until they are soft. Bay leaves, celery and kombu should be removed when the beans are finished cooking.

Note: Be careful not to overcook beans. They should be soft, but not broken. Once the beans are cooked, discard extra liquid (or save it for soup!), reserving the thickest broth for preparation of the Pinto.

GALLO PINTO

1 sweet red pepper diced

1 ½ bunches of cilantro (1/2 bunch for decoration) finely chopped, separate the stems from the leaves but save the stems

½ head of garlic diced

3 sticks of celery diced

2 sprigs of thyme

Hot pepper to taste

Salsa Lizano to taste (available at Amazon)

Salt to taste

2 tbs. oil

Rice

Beans

Preparation: In a large frying pan, heat oil and add the onion. When the onion has become translucent add the garlic, celery, cilantro stems and thyme and cook until celery is tender. Add the beans and blend well. Finally, add the rice until there is a blend of 50/50 of rice and beans. Add salt and Lizano to taste, sprinkle with cilantro leaves and enjoy!