

# FRIJOL COLADO

## CREAMY STRAINED BEANS

*TSAAJ BI BU'UL* is the Mayan name for this dish. *Tsaaj* signifies anything that is enriched by cooking in lard or oil. *Bu'ul* is the Mayan word for “bean”. In Spanish, *frijol* is “bean” and *colado* means “strained.” In fact, this typical Yucatecan black bean dish is cooked with lard to enrich, then strained to creamy smoothness. There are three traditional textures of *Frijol Colado*: *aguado*, *espeso* and *seco* (watery, thick and dry). The texture is chosen according to the use. Throughout Yucatán, *aguado* is served in a small bowl as an accompaniment to a meal, and is eaten either as a soup or it may be drizzled onto meats or *tacos*. *Espeso* is used for *botanas*, such as *panuchos*. And *seco* is employed in the Yucatecan version of refried beans, served as an accompaniment on a fully-plated meal. The difference is simply the amount of cooking liquid left in the beans when pureéd. If much of the liquid evaporates during cooking, you may add water or chicken stock to achieve a soupy consistency for the *aguado*. Or to achieve either the *espeso* or the *seco*, simply cook longer.

10 - 15 SERVINGS

### 🌀 COOK THE BEANS 🌀

- 1 lb. (500g) black beans
- 12 cups (3 liters) water
- 6 cloves garlic, *peeled and charred*
- 1 chile *x'catik* or *habanero*, *charred*
- 2 oz. (60g) slab bacon
- 1 stem *epazote*
- 3 Tbs. lard (*Substitute: vegetable oil*)
- 1 white onion, *peeled, charred and coarsely chopped*
- 2 tsp. (10ml) salt, *or to taste*
- 1/4 tsp. (1.25ml) ground black pepper

**STEP 1 RINSE AND CLEAN** the beans. Soak beans in water overnight; alternatively, bring to a boil, cook for 10 minutes, then cover, off heat and steep for one hour.

**STEP 2 ADD GARLIC, WHOLE CHILE, BACON AND EPAZOTE** to the beans. Bring to a boil, reduce heat, and simmer for two hours. Add water as needed to keep beans thoroughly covered.

**STEP 3 HEAT FAT IN HEAVY SKILLET** until hot but not smoking. Add onion and cook slowly until translucent, 8-10 minutes. Transfer fat/onion mixture to beans; stir to incorporate. Continue cooking about another hour, or until beans are tender. Add water as needed to keep beans thoroughly covered. Check for seasonings and add salt and pepper as needed.

### 🌀 PURÉE THE BEANS 🌀

**STEP 4 REMOVE CHILE, BACON AND EPAZOTE** and discard. Working with an immersion blender or food processor, purée beans until smooth.

### 🌀 STRAIN THE BEANS 🌀

**STEP 5 STRAIN BEANS** through a fine sieve into a medium stock pot. Press through with a rubber spatula to remove as much pulp as possible. At this point, check for thickness. If necessary, add water to thin, or simmer uncovered another half hour to thicken. Serve, use in a recipe such as for *Panuchos*, or proceed with recipe for *Frijol Refrito*.