

Refried Beans

Season: Any

Type: Side Dish (for Mexican)

Difficulty: Easy

Serves: 30-40 tablespoons

Recipe source: taste.com.au

Equipment:	Ingredients:
<ul style="list-style-type: none">• Large Saucepan or stockpot• Mortar and Pestle• Wooden Spoon• Knife• Chopping Board• Masher/ stick blender	<ul style="list-style-type: none">• 2 tablespoons Extra Virgin Olive Oil• 1 Kg hydrated Borlotti Beans (or 4 x 400g tins)• 1 finely chopped large onion• 6 finely chopped garlic cloves• 3 tablespoons cumin seed• 1 tablespoon coriander seed• 1 cup of water

What to do:

- Chop the onion and garlic finely, and grind the coriander and cumin seeds in a mortar and pestle
- Put the pan on a medium heat and add the olive oil
- Add the chopped onions and cook for 5-10 minutes until soft
- Then add the chopped garlic and ground spices and cook for a further minute
- Drain and rinse the beans and add to the pan with a cup of water
- Cook for a further 5 minutes and then turn the heat off.
- Once they have cooled a little mash/blend the beans roughly, leaving a few pieces of bean in the mixture. Put the lid on the pot until ready to serve in a bowl for each table.

Notes

You can also use kidney or other beans if preferred.