

## Chef from the Hood Recipes



### Chef:

Moaya Scheiman Chef Instructor & Culinista

### Restaurant:

Ramekin's in Sonoma

### Recipe:

Cuban Black Beans & Sofrito!

### Ingredients:

2 fresh pasillo chilies flame roasted, skinned, seeded, diced  
2 fresh serrano or jalapeño chilies, seeded and diced  
1 medium yellow onion, diced; 3 cloves chopped garlic  
olive oil (to sauté garlic & onions)  
2 cups cooked black beans\* (your own or 15.5 oz. can)  
2 to 3 teaspoons from a small can of chipotles en adobo  
1 can of coconut milk (usually sold as 16.5 ounce can)  
1 cup of sofrito (see recipe below)  
garnish: fresh limes & 1/2 a bunch of washed cilantro

.. Moaya Scheiman enjoyed this Cuban and Brazilian  
.. classic with ex-patriot friends in New York City. He  
.. explains, "Sofrito is to Cuba what bechamel sauce is to  
.. France. It's tropical magic with beans, rice, stewed  
.. chicken or fish, as a dip for fried calamari, jalapeño  
.. cornbread...!" Serves 4.

.. Roast pasillos over stovetop or grill flame, turning with  
.. tongs until blackened. Roll up in paper towel. When cool,  
.. remove blackened skin. Seed, stem & dice all chilies.  
.. (Use gloves & a sharp knife!). Sauté onions in olive oil.  
.. When edges brown, add garlic. Sauté a few more  
.. minutes. Add chilies & other ingredients (except garnish).  
.. Bring to boil. Cover, reduce heat, cook for half an hour.  
.. Remove one cup of bean mixture and puree in a blender.  
.. Return puree to pot. Stir & let cool.

.. garnish: Scrape zest and squeeze juice from one lime  
.. over the beans. Chop cilantro, adding some to each  
.. serving. (Place cut limes, cilantro, Kosher salt & pepper  
.. on the table). \* If starting with dry black beans, soak in  
.. distilled water for 1 hour (no longer or they'll become  
.. more blue than black!). Drain beans, cover with stock &  
.. simmer until tender.

.. SOFRITO: Sauté 2 chopped onions and 1 large seeded,  
.. diced green bell pepper in 1½ cup olive oil over low heat  
.. until they begin to brown. Add 5 cloves mashed garlic  
.. and sauté (about 15 minutes total). Add 8-ounce can  
.. stewed plum tomatoes and 1 teaspoon EACH of  
.. chopped oregano & thyme. Add Spanish sherry vinegar;  
.. Kosher salt and freshly ground pepper to taste. Cook  
.. additional 10 minutes. Puree in blender until well mixed  
.. but a bit chunky. Sofrito will last up to 2 weeks in a small  
.. refrigerated jar.