

The RANCHO GORDO  
EVERYDAY HOME COOK'S GUIDE TO

# RICE AND BEANS



EASY AND DELICIOUS WAYS WITH  
EVERYONE'S FAVORITE  
COMPLETE PROTEIN PAIR

# RICE AND BEAN SALAD

This is obviously more of a suggestion than a recipe. I never know what to do with leftover rice and if you're using good brown rice, a salad is perfect. Adjust the bean and rice ratio to your liking but for me it's about half and half.

The red of the pepper looks great but use any salad vegetables you like.

Rancho Gordo Vinaigrette

*1 clove garlic, minced*

*1 teaspoon salt*

*1 teaspoon Dijon mustard*

*1 teaspoon Rancho Gordo Oregano Indio*

*2 tablespoons Rancho Gordo Pineapple Vinegar*

*1/2 cup extra virgin olive oil*

*2 cups cooked brown rice*

*2 cups cooked Rancho Gordo Santa Maria Piquito beans, well drained*

*1/2 white onion, sliced very thin*

*1/2 red bell pepper, chopped*

*1 stalk celery, diced*

*1 carrot, peeled and diced*

*Salt to taste*

In your salad bowl, make a paste with the salt and garlic. Add the mustard, oregano and vinegar. Mix well. Whisk in the olive oil slowly.

Add the rest of the salad ingredients and gently combine.

# PUERTO RICAN HABICHUELAS

Illyanna Maisonet is the creator of the blog EatGordaEat and the author of ***Gorda Eats: A Puerto Rican Cookbook***

She's very much immersed in the Bay Area food scene and I love reading about her adventures with Puerto Rican food. It's a neglected subject and she digs deep.

*16 oz dried Rancho Gordo Ojo de Cabra, pinto or Cranberry beans*

For the sofrito:

*4 cloves of garlic*

*2 roma tomatoes*

*1 bunch of cilantro*

*1 medium onion*

*1 green bell pepper*

*1 jalapeño*

*2 cloves garlic, smashed*

*1 small onion, chopped*

*1 8oz can tomato sauce*

*2 medium Yukon gold potatoes, diced into quarters*

*1 packet of Goya sazón con culantro y achiote*

*Salt*

Rustle through the beans; you're looking for pebbles or shriveled looking beans to discard.

Soak the beans in 3-4 qt. cold water, overnight.

To make sofrito: Combine tomatoes, garlic, cilantro, onion, bell pepper and jalapeño in a blender. Blitz until it resembles a pesto. Pour into a storage container and set aside until you are ready to cook the beans.

Drain beans and discard the bean soaking water. In a large pot, cover beans in 3 qt of cold water with the 2 smashed cloves of garlic and the small chopped onion and bring to a boil. Bring down to med-low heat and let beans simmer until just soft, 2 hours.

Keep an eye on the pot, ensuring it has just enough water that the bottom isn't stuck to the pan. But, you do want the water to reduce significantly. Skim off and discard any scum.

Measure out 2 tablespoons of sofrito. Add this and tomato sauce to beans and cook another 30 mins. Reserve the remaining sofrito for another use.

Add potatoes, sazón and salt to taste. Cook another 30 mins.

Note: You can freeze the extra sofrito in an ice cube tray (for up to 6 months) and use it in stir-fries, chilis and curries.

# GALLO PINTO

If you've been to Costa Rica, it's hard to imagine you not having tried Gallo Pinto. It's delicious, easy to make and you find it everywhere.

A branch of my family left California for Costa Rica in the 1970s so I have always felt ties to this beautiful country and this is the perfect nostalgia dish. Add a fried egg and a bottle of Lizano sauce to complete the picture.

The recipe may seem complicated but you basically take rice, add some cooked beans in their broth, and mix them up. The red bell pepper is used for cooking but it's also added at the end for more texture and a different flavor. I prefer brown rice but I don't think this is very traditional.

Speaking of Lizano sauce, it's a kind of creamy Worcestershire sauce that you see in import stores and Latin markets. It's very unique and easy to like. You can add the smallest splash of Worcestershire sauce (and I said smallest!) as a substitution but a Costa Rican would frown upon it.

In Costa Rica, one would use black beans in most cases. In neighboring Nicaragua, they would make the same dish using red beans, like our Domingo Rojo.

For the rice:

*1/2 onion, diced*  
*1 clove garlic, minced*  
*1/4 red bell pepper, seeded, washed and chopped*  
*1 tablespoon oil*  
*2 cups white rice, rinsed*  
*1 teaspoon Rancho Gordo Sal de Mar sea salt*

For the beans:

*1 pound dried Rancho Gordo Midnight Black or Domingo Rojo beans, cleaned and rinsed*  
*2 cloves garlic, minced*  
*1/4 red bell pepper, seeded, washed and chopped*  
*1 teaspoon Rancho Gordo Mexican Oregano*  
*3 teaspoons Rancho Gordo Sal de Mar sea salt*

To finish the dish:

*2 tablespoons oil*  
*1/2 onion, diced*  
*1/2 red bell pepper, seeded, washed and chopped*

1. Prepare the rice by sauteing the vegetables in a large pan, in the oil, until soft. Add the rice and saute for 2 minutes. Add 3 cups water and the salt. Bring to a boil, reduce the heat, cover and let cook on low until the water is absorbed.

2. Prepare the beans in a large pot by covering them by about 2 inches of water (roughly 2 quarts) with the garlic, pepper and oregano and bringing them to a rapid boil for 15 minutes. Reduce the heat until the beans are gently simmering and continue cooking until tender, about an hour and a half. Add salt.

3. When you're ready to serve, normally, the next morning, in a large frying pan, saute the onion in the oil and when soft, add the cooked rice and cook for 2 minutes. Add the red pepper and then the beans. Continue cooking for about five minutes. The rice should be "painted" by the bean broth.

Serve with Salsa Lizano (see note), cilantro, sour cream or any combination you like.

Scrambled and fried eggs are a traditional accompaniment.

# CARIBBEAN RED BEANS AND RICE

Ellen Kanner is the author of *Feeding the Hungry Ghost: Life, Faith, and What to Eat for Dinner – A Satisfying Diet for Unsatisfying Times* (New World Library 2013) and you may recognize her byline from the Huffington Post and Miami Herald. She has generously adapted her Caribbean Pigeon Peas and Rice for our luscious Domingo Rojo beans.

I was just discussing Domingo Rojos with Eric, our Customer Service expert, and he said it's one of those beans that flies off the shelves when we sample it here at Rancho Gordo. We always make our basic beans vegan with just a few aromatics and a little olive oil. We think it tastes better and allows the glory of the beans to shine through. And it fits in nicely with Ellen's master recipe.

Ellen notes, "The recipe can be made entirely in advance and reheated when you're ready. Keeps covered and refrigerated for several days, and flavor improves over time."

*2 cups cooked Rancho Gordo Domingo Rojo beans*  
*2½ cups cooked brown rice, cooled*  
*2 tablespoons olive oil*  
*1 large onion, chopped*  
*3 garlic cloves, chopped*  
*1 green or red pepper, chopped*  
*¼ habañero (Scotch bonnet pepper) or 1 to 2 jalapeños, seeded and chopped, depending on how hot you like it\**  
*2 celery stalks, chopped*  
*1 tomato, chopped (or 1 cup canned diced tomatoes, drained)*  
*1 teaspoon allspice*  
*½ teaspoon cumin*  
*1 small handful fresh thyme leaves, or ¼ teaspoon dried*  
*1 small bunch cilantro, coarsely chopped*  
*Sea salt and pepper to taste*

In a large skillet, heat the oil over medium-high heat. Add the onion and garlic, and sauté until softened, about 5 minutes. Add the pepper, habañero, and celery, and continue cooking, stirring occasionally, for another 5 minutes. Stir in the diced tomato and season with the allspice and cumin.

Add the cooked beans and rice, stirring until the mixture is well combined. Reduce the heat to medium and continue cooking, stirring occasionally, until the moisture from the vegetables is absorbed, about 10 minutes. Add the thyme, cilantro, sea salt, and pepper.

\*(Wear gloves when handling fresh chiles, no matter how manly you are. – Ellen)

# MOROS Y CRISTIANOS

I first discovered *moros y cristianos* in Charles H. Baker's seminal two-volume *The Gentleman's Companion*, a work that defined my dreams. Here was a boozy American touring the world and collecting adventures and recipes. He wasn't an erudite Noel Coward, and he wasn't a sports-loving buffoon. No, here was an American I could really follow! I found the books in my teens, and they still influence me, though now I have a much better sense of who I am.

My fantasies of Cuba involve this dish, served with pork smothered in some kind of lime-and-garlic combination and accompanied by a son montuno under a full moon, with crashing waves somewhere in the near distance. This fantasy hasn't changed much.

Nowadays, modern cooks make the rice and beans together, but in the traditional Cuban manner, the rice and beans are cooked separately and the Moors (beans) don't encounter the Christians (rice) until they meet on your plate. Both methods are great, though I prefer the sharper, more distinct flavors the old-fashioned technique delivers.

Serves 4–6

*4 slices lean bacon, chopped*  
*Olive oil, if needed*  
*1 white onion, diced*  
*2 cloves garlic, smashed*  
*1 green bell pepper, seeded and diced*  
*1 teaspoon Rancho Gordo New Mexican Red Chile Powder*  
*1 teaspoon Rancho Gordo Mexican Oregano*  
*2 cups cooked Rancho Gordo Midnight Black beans in their broth*  
*Salt*  
*1½ cups hot cooked white rice*

In a large saucepan, gently cook the bacon over medium low heat until the fat is rendered and the bacon is cooked through, about 10 minutes. You should have about 2 tablespoons fat. If there is less, add oil as needed to total 2 tablespoons. Add the onion, garlic, and bell pepper and cook gently, stirring occasionally, until the bell pepper is soft, about 8 minutes. Add the chile powder and oregano and stir until incorporated. Add the beans and their broth and stir gently until mixed. Cook over low heat, stirring occasionally, for about 10 minutes to blend the flavors. Taste and adjust the salt if needed.

To serve, spoon some of the rice and the beans alongside each other on each individual plate. Serve immediately.

# RED BEANS AND RICE

New Orleans makes us think about cocktails and bourbon but for Emma K. Morris of Two Old Dogs winery here in Napa, the beverage of choice is their Cabernet Sauvignon. Here's Emma's version of the classic, and it shows off the flavor of our Sangre de Toro beans, especially when paired with her wine.

Serves about 6

*1 pound dried Rancho Gordo Sangre de Toro or Domingo Rojo beans*  
*2 tbs. cooking oil (we like grapeseed or vegetable)*  
*1 large onion, diced*  
*1 bell pepper, diced*  
*1 large carrot, grated*  
*2 ribs celery, diced*  
*5 large garlic cloves, diced*  
*3 tsp. smoked paprika*  
*1 smoked ham hock or 3/4 lb. smoked ham, diced (optional)*  
*2 dried bay leaves*  
*3 tsp. fresh thyme leaves*  
*A few dashes Worcestershire sauce*  
*Balsamic vinegar, to taste (we used about two big dashes)*  
*A few dashes of hot sauce (optional)*  
*Salt, to taste (if you can, get Smoked Sea Salt — adds a nice smoky flavor)*  
*Cooked white rice for serving*  
*Pickled onions, for garnish (optional)*  
*Fresh chives and parsley, chopped for garnish*

You can soak the beans overnight if you'd like OR, for day-of: cover the beans with water in a big pot and bring to a rolling boil. Lower the heat to a simmer and cook the beans for about an hour, until they are tender but not falling apart. Sometimes it takes longer, depending on the age of the beans. Do NOT add salt yet (this slows the cooking process).

When the beans are nearly tender, pour your cooking oil into a pan and sauté the onion, celery, bell pepper, and carrot until fragrant (about 2-3 mins). Add the garlic and smoked paprika, then sauté for another few minutes, stirring occasionally.

Drain the beans, then add the sautéed vegetables to the beans. Add the ham hock (if using), thyme, bay leaves, Worcestershire, balsamic, hot sauce, and just enough water (or veggie stock) to cover.

Bring mixture to a boil, then reduce heat to a low simmer. Stirring occasionally, cook for at least 2 hours, or until it's nice and creamy. The longer you cook it, the better it gets!

Do one final salt check — add a bit more if it needs it.

Pour mixture over cooked white rice and top with pickled onions (if using) and fresh chopped herbs. Serve with good local bread and a glass (or three) of Two Old Dogs Cabernet Sauvignon.



# RAJMA with CAULIFLOWER

When it comes to Indian cuisine, I always turn to my mysterious friend who produces his excellent and odd My Annoying Opinions blog. He will roll his eyes when I declare an ingredient too hard to find or impractical. With the Internet, there no longer are excuses.

When I told him we were focusing on rice and beans, he came up with this dish that actually uses mostly everyday ingredients. He not so humbly declared this one of his best dishes and I would be agreeing if I didn't think his swollen head would get even bigger.

*One pound dried Rancho Gordo Yellow Indian Woman beans, rinsed*

*1/2 tspn turmeric*

*2-3 cloves*

*Oil*

*One large red onion, chopped*

*1 tblspn or so of fresh ginger, grated*

*About as much fresh garlic, grated*

*The following ground to a coarse powder: 1 tspn cumin seeds, 1/2 tspn coriander seeds, 3 dried hot red chillies, 1/2 tspn black peppercorn, a small piece cinnamon/cassia bark*

*Salt*

*1 lb cauliflower, broken into small florets*

*1.75 cups of chopped tomato (or one 14.5 oz can of tomatoes)*

*A large pinch of sugar*

*Chopped fresh cilantro for garnish*

*Steamed rice for serving*

Put the rinsed beans in a pot with with the turmeric and cloves and water to cover by a few inches. Bring to a rapid boil for 10 minutes or so, then reduce to a simmer, cover and cook till almost done. Keep adding water as needed to make sure there's about 2 inches of water above the beans.

While the beans are cooking prepare the rest of the ingredients.

Heat the oil in a large skillet and add the onion. Saute for a few minutes over high heat till it begins to brown.

Add the grated ginger and garlic and saute for another 2-3 minutes.

Add the ground spices and salt, mix well and saute for another minute.

Add the cauliflower, mix well and saute for 2-3 minutes.

Add the tomatoes and sugar, mix well and cook till the tomatoes have begun to cook down.

Check the beans for done-ness--you want them to be yielding easily to the bite but not yet very soft in the center. If they're at this point, mash a ladle's worth of beans against the side of the pot and mix in.

Add the contents of the skillet to the bean pot, mix thoroughly and let it all cook together on a high simmer for another 15 minutes or so.

Garnish with some chopped cilantro and serve with steamed rice (or just eat it straight out of a bowl).



# BLACK BEANS AND RICE with SWEET POTATO WEDGES and CILANTRO CREMA

Our Operations Manager, Julia Newberry, started out as a customer. She manages a busy family along with almost everything here at Rancho Gordo and I love seeing what she does with our products. She's blunt when things are a bust but mostly she hits home runs with good, solid recipes of food that people will actually make.

Serves 4

*3 large sweet potatoes, peeled and sliced into wedges about 1-inch thick*  
*4 Tbsp olive oil*  
*1 tablespoon honey*  
*Rancho Gordo Stardust*  
*Salt and pepper*  
*1 bunch fresh cilantro*  
*1 clove garlic, chopped*  
*1 small fresh jalapeno chile, seeded and chopped (optional)*  
*1 1/2 cups Mexican crema or sour cream*  
*Juice from 1-2 limes*  
*2 cups cooked white or brown rice, warmed*  
*2 cups cooked Midnight Black beans, warmed*

Preheat the oven to 400 degrees F. Line a large baking sheet (or 2 medium sheets) with foil and coat it with 1 tablespoon of the olive oil. In a bowl, toss the sweet potato wedges with the remaining 3 tablespoons olive oil, the honey, and a liberal amount of Stardust, salt and pepper. Spread the wedges on the baking sheet in one layer and bake until soft and caramelized around the edges, about 30 minutes. Check the wedges often and move them around on the sheet to make sure they don't stick to the pan or burn.

Meanwhile, place the crema, cilantro, garlic, and chile (if using) in a blender or food processor and blend until smooth. Add lime juice and salt to taste.

In a bowl, gently combine the rice and beans. Divide the rice-and-bean mixture among plates, top with sweet potato wedges, and drizzle with the cilantro crema. Serve extra crema at the table.

## COOKING BEANS

Normally on a bean cooking day (which frankly is everyday at Rancho Gordo), we put the beans to soak in the morning, after rinsing in lots of cool water and checking for small debris. We cover the beans by about an inch or so. If you haven't soaked, don't fret. Go ahead and cook them, knowing it will take a bit longer.

Heirloom and heritage varieties don't need a lot of fussing if they are used fresh, which I'd define as within two years. You can use a ham bone, chicken stock or as I prefer, simply a few savory vegetables. A classic mirepoix is a mix of onion, celery and carrot diced fine and sautéed in some kind of fat, often olive oil. A crushed clove of garlic doesn't hurt. If I'm cooking Mexican or Southwestern, I will sauté just onion and garlic in mild bacon drippings or even freshly rendered lard.

Add the beans and their soaking water to a large pot. You have been told before to change the water and rinse the beans. The thinking now is that vitamins and flavor can leech out of the beans into the soaking water you are throwing down the sink. There is conflicting scientific evidence that changing the water cuts down on the gas. If you want to, do it. If it seems unnecessary, don't.

If you've soaked them, the beans will have expanded, so make sure they are still covered by at least an inch, maybe a bit more. Add the sautéed vegetables and give a good stir. Raise your heat to medium high and bring to a hard boil. Keep the beans at a boil for about ten to fifteen minutes. After so many years, I think this is the moment that really matters. You have to give them a good hard boil to let them know you're the boss and then reduce them to a gentle simmer, before covering. I like to see how low I can go and still get the occasional simmering bubble. Open and close the lid, or keep it ajar to help control the heat and allow evaporation. The bean broth will be superior if it's had a chance to breathe and evaporate a little.

When the beans are almost ready, the aroma will be heady. They won't smell so much like the vegetables you've cooked but the beans themselves. At this point, I'd go ahead and salt them. Go easy as it takes awhile for the beans to absorb the salt. If you want to add tomatoes or acids like lime or vinegar, wait until the beans are cooked through.

If the bean water starts to get low, always add hot water from a tea kettle. Many believe that cold water added to cooking beans will harden them. At the very least, it will make the cooking take that much longer to bring them back to a simmer. We don't recommend using hot tap water, straight from a water heater. Better to heat the tap water in a tea kettle or pan first.

Once you've mastered this method, go ahead and try some different techniques. Your bean friends will swear by this or that method and you should take their advice, keeping in mind there are few absolutes when it comes to cooking beans, only that it's very hard work to mess up a pot of beans.

## COOKING BROWN RICE

Brown rice takes longer to cook, so make enough for leftovers and reheat throughout the week and enjoy as needed.

To make brown rice, rinse the rice with water and check for debris. Combine one cup rice to two cups water or broth in a saucepan. Bring to a boil. Stir, reduce heat to low and cover. Simmer 50 minutes until all the water is absorbed. Let stand, covered, for 10 minutes. Fluff with a fork and serve.

This ebooklet was produced by  
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