



Spiced Black Beans With Rice

From *The Blue Zones American Kitchen*



Spiced Black Beans With Rice

From *The Blue Zones American Kitchen*

Chef Matthew Raiford interprets Coastal Georgia cuisine through the lens of his Gullah Geechee heritage and upbringing on the family farm his great-great grandfather established more than 150 years ago. Matthew trained at the Culinary Institute of America and the University of California, Santa Cruz. Having seen the world, he says that for now he wants to be home on his ancestral land. He enjoys the rhythm of the farm, which he continues to run with his siblings. His farm-to-fork cuisine has won accolades from the James Beard Foundation.

TOTAL COOK TIME: 1 HOUR

SERVES 5

INGREDIENTS

- ▶ 1 pound dried black beans
- ▶ 1 tablespoon pink Himalayan salt
- ▶ 1 teaspoon freshly ground black pepper
- ▶ 1 teaspoon crushed red pepper 1 ½ teaspoons ground cumin
- ▶ 2 cups white rice
- ▶ 4 cups water
- ▶ 1 teaspoon sea salt
- ▶ 2 teaspoons ground coriander
- ▶ 6 green onions, thinly sliced, for garnish

DIRECTIONS

In a stockpot or large saucepan, combine the beans and plenty of cold water to cover. Bring the pot to a boil over high heat. Once the water boils, remove the pot from the heat and let it stand for 30 minutes.

Drain the beans and return them to the pot. Add fresh water to cover the beans by 1 inch. Add the Himalayan salt, black pepper, and crushed red pepper, and bring to a boil.

Reduce the heat so that the water is simmering. Add the cumin and cook for about 30 minutes, until the beans are tender.

While the beans are cooking, make the rice. Combine the rice, water, sea salt, and coriander in a saucepan. Bring to a boil, reduce the heat to low, cover, and let simmer for about 20 minutes, until the rice is tender.

To serve, scoop a small amount of rice onto a plate and then add some of the beans, along with the cooking liquid, over the top. Garnish with the green onions.