

## A Mexican-Cuban fusion of Rice and Beans



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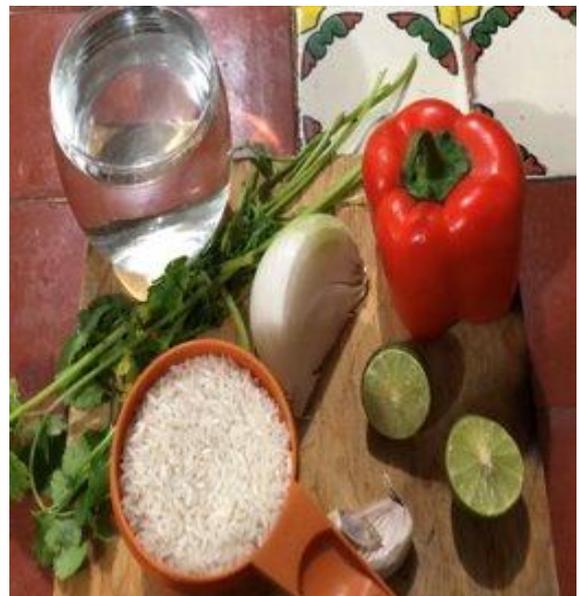
- Ingredients for the rice:

- 1 cup of rice
- $\frac{3}{4}$  of yellow onion
- 1 glove of garlic
- 2 Tablespoons of oil
- 2 cups of water ( or chicken stock)
- 2 Strips of red bell pepper
- 1 Tablespoon of Chopped cilantro
- 1 lime
- Salt

Ingredients for the beans:

- 2 cups of beans
- 900 ml water
- Salt (depending )  
To add more flavor
- $\frac{1}{4}$  onion
- 1 glove of garlic

Fried Plantain (optional)  
1 large plantain, oil,  
sour cream, Fresh Cheese.



**The beans will take longer than rice, so they need to be cooked much earlier than the other items.**

After the beans are clean and soaked, it is time to put them in a pot, with the onion, garlic, salt, and water and then turn the heat up, I use the traditional way that it has been passed from generation to generation in my family, a pot that conserves the flavor, but a slow cooker works as well. You can add more water if it is needed, but don't forget to add salt as well, so it does not lose the initial flavor.



## Process of rice:

First, you have to soak and rinse the cup of rice with warm water, then in a dry pot, you have to put the rice to dry and brown.

While the rice is browning, in the blender we will put the chopped onion, the garlic clove, and the red pepper strips along with a cup of water (or chicken stock).

After the rice has browned a little add oil, add the mixture that we previously made, and salt until it has a consistent flavor and half of the cup of water or (chicken stock).

After it starts to boil, we need to cover it and lower the heat so that it does not burn but cook completely and you will know this when there is no liquid at the



bottom of your pot, there you can turn off the heat and let it rest, so it does not lose consistency

The rice is drying and browning  
pepper, and water.



The rice with a mixture of onion garlic, red  
at the same time with a bit of oil.

## **Fried plantain (optional)**

This is very easy, it only has to be a ripe plantain so that it has a sweeter flavor and contrasts with the rice and beans, this is totally optional, but I love the sweet-salty combination, for this part, you only need a little bit of oil and can be cut in the way that is best, I always opt for circles.



## **Time to set up:**

- After the beans are ready, take them out of the pot, and let them dry
- When the rice is already warm, is when you are going to add the cilantro and the lemon, this is the part where it gets interesting, because it is a full contrast with the flavor of the bean and the fried plantain.
- And finally, to give it an even more unique touch, add sour cream and fresh cheese, this is a very particular taste, but one that frames the combination of both Mexican and Cuban cultures.