

BLACK BEANS

Yield Cooked: ~6 cups; ~eight 3/4 cups (~130 grams each); ~four 15 oz. cans

Brine soaking:*

8 C. water (cold or room-temperature) 54

~1.75 Tblsp. (28 grams) Morton's kosher salt; or ~3 Tblsp. (28 grams) Diamond Crystal kosher salt

~1.75 tsp. (10 grams) baking soda

1 lb. (454 grams) dry black beans

Cooking:

cooking oil

2 Tblsp. onion, chopped

1 small carrot, chopped

2 bay leaves (gas suppressor)

1/2 Tblsp. cumin (gas suppressor)

1 tsp. fresh ginger, grated (gas suppressor)

4-1/4 C. low-sodium chicken broth or vegetable broth

1/8 tsp. ground black pepper

1. Rinse dry beans under cold water to rinse away any dirt. In a large soaking container (not metal), add cold water and kosher salt. Stir water to dissolve salt (or boil for 3 minutes and let cool) before adding black beans and baking soda. Cover container and put in refrigerator for 8 to 12 hours. Pour beans into a colander and rinse them thoroughly with fresh water to wash away the salty brine.
2. **Slow Cooker Method:** Heat a skillet on medium heat. Then add a small amount of oil. Once the oil is hot, sauté the onion and carrot. Cook until the vegetables are tender. Add the vegetables to a 6-quart slow cooker. Add the drained and washed black beans to the pot. Add the bay leaves, cumin, ginger, broth, and pepper. Cover and cook on low, checking the beans after 3.5 hours to see if they are soft.
3. **Stove Top Method:** Heat a large pot on medium heat. Then add a small amount of oil. Once the oil is hot, sauté the onion and carrot. Cook until the vegetables are tender. Add the drained and washed black beans to the pot. Add the bay leaves, cumin, ginger, broth, and pepper. Bring the broth to a boil and then turn the heat down to a gentle simmer on low. Place the lid on the pot so it is slightly ajar. Add additional hot broth if the liquid drops below the top of the beans. Check the beans after 20 minutes to see if they are soft.
4. Remove and discard bay leaves. Freezes well; remove liquid and divide beans into desired portions.

Substitutions/Notes:

* Soaking dry beans in a mixture of water, salt, and baking soda breaks down tough outer skins, speeds up cooking time, seasons the beans evenly, reduces compounds that cause gas, and yields a rich, creamy texture without causing too many of the skins to burst.