

# CHEF CULTURES LLC

## SCRATCH PREPARED REFRIED BEANS

Prep Time: 10 minutes | Cook Time: 1½–2 hours | Yield: 8–12 servings

Scratch-prepared refried beans are a foundational preparation in many traditional Mexican kitchens. Cooking dried beans slowly with aromatics creates deep flavor and a creamy texture that canned products simply cannot match. Once tender, the beans are sautéed and gently mashed with onion, garlic, and chile to create a rich, savory dish perfect for tacos, sopes, eggs, rice bowls, or served warm with fresh tortillas.

### Ingredients

#### To Cook the Beans

- 1 white onion, halved
- 4 cloves garlic, peeled
- 4 sprigs epazote or 4 avocado leaves (optional)
- 2 cups dried heirloom Tiger Eye beans or black beans
- Water, to cover beans

#### To Refry the Beans

- 4 tablespoons lard (or bacon fat)
- Neutral high-heat oil alternative such as avocado or rice bran oil
- 1 white onion, finely chopped
- 2 cloves garlic, minced
- 2 jalapeños or serrano chiles, diced (optional)
- 4–8 tablespoons reserved bean cooking liquid
- Salt, to taste



### Directions

1. Rinse the dried beans and place them in a large pot with the halved onion, garlic cloves, and optional epazote or avocado leaves. Add enough water to cover the beans by several inches.
2. Bring to a gentle simmer and cook until the beans are fully tender, about 1½–2 hours. Add additional water during cooking if needed.
3. Remove and discard the onion, garlic, and herbs. Reserve about ½ cup of the cooking liquid.
4. In a large skillet, heat the lard or oil over medium heat.



5. Add the chopped onion and cook until softened and translucent.
6. Add the minced garlic and optional diced chiles. Cook briefly until fragrant.
7. Add the cooked beans to the skillet and mash with a potato masher or spoon to your desired texture.
8. Stir in 4–8 tablespoons of the reserved bean cooking liquid to loosen the mixture and achieve a creamy consistency.
9. Season with salt to taste and cook a few minutes longer until thickened and creamy.

### **Chef Ron's Notes**

- Freshly prepared refried beans from scratch are incredibly delicious. They reheat well, but nothing compares to the flavor of beans prepared just before serving.
- If necessary, substitute a good-quality canned bean. Even then, refrying them with fresh aromatics will produce a far better result than canned refried beans.
- Farmers Mark and Patricia of Garden Treasures Farm grow and distribute incredible heirloom beans. Their Tiger Eye beans are available at the 21 Acres Farm Market.
- Increase or decrease the chiles to adjust heat level.
- Finish with a spoonful of lard, bacon grease, or a splash of crema for added richness.
- Excellent for preparing ahead—add a little water when reheating for best texture.

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