

## Cuban-Style Black Beans & Rice

### (Tokyo Version)

*This adapted version recalls the Cuban black beans and rice dishes popular in Miami and Havana during the 1930s. It balances authenticity with ingredients available in Japan. Using dry Brazilian black beans adds depth, while a touch of vinegar brightens the flavor. A sprinkling of chopped peanuts provides a subtle crunch reminiscent of family-style versions.*



### Ingredients (2–3 servings)

- Dry black beans – 100 g (soaked overnight)
- Water – enough to cook beans
- Onion – ½ medium, diced
- Garlic – 2 cloves (or ½ tsp garlic paste)
- Green bell pepper or ピーマン – ½, diced
- Olive oil – 1 Tbsp
- Ground cumin – ½ tsp
- Oregano (dried) – ¼ tsp
- Bay leaf – 1
- Salt & black pepper to taste
- White or apple cider vinegar – 1 tsp
- Long-grain white rice – 100 g (or Japanese hakumai)
- Reserved bean cooking liquid or water – about 200 ml
- Optional: small diced ham, pancetta, or bacon (for umami)
- Optional topping: roasted peanuts (chopped, toasted), cilantro, or green onion

### Instructions

1. Soak & Cook Beans: Soak black beans overnight in plenty of water. Drain, then place in a pot with fresh water to cover by about 3 cm. Add half the onion, one garlic clove (peeled), and bay leaf. Simmer gently until beans are tender but not falling apart (45–60 min). Reserve the cooking liquid. Discard the onion, garlic, and bay leaf.
2. Make Sofrito / Flavor Base: In a separate pot, heat olive oil. Add remaining onion, garlic, and bell pepper. Sauté until soft and fragrant. Add cumin and oregano; stir for 30 seconds.
3. Combine Beans & Rice: Add cooked beans (with some reserved liquid) into the sofrito pot. Add rice and enough liquid (bean stock or water) to just cover the rice. Add salt, pepper, and vinegar. Bring to a boil, then reduce heat, cover, and simmer on low until rice is cooked (15–20 min). Stir gently once or twice.
4. Finish & Serve: Once rice is tender and beans are creamy, remove from heat and let rest 5 minutes. Fluff gently. Serve warm with toasted peanuts, cilantro, or green onion. Optional: add lemon or lime wedges on the side.

### Notes

- Garlic paste (にんにくチューブ) can replace fresh garlic; about ½ tsp per clove.
- The vinegar balances the richness of the beans without making the dish sour.
- To add a hint of smoke (as in old Havana-style dishes), include a small piece of

smoked pork or ¼ tsp smoked paprika.

- Peanuts are not traditional but add a nostalgic crunch and modern touch.

#### **Estimated Nutrition (Per Serving)**

Calories: ~380 kcal | Protein: 13 g | Fat: 9 g | Carbohydrates: 58 g | Fiber: 10 g |

Sodium: ~420 mg