

Authentic Cuban Arroz

Congrí

⌚ Prep: 15m

🔥 Cook: 40m

Σ Total: 55m

🍽️ 6 servings



Video ref: Cocina Con Fujita

MISE EN PLACE / INGREDIENTS

[12]

- ☐ 2 cups Long-grain white rice (Canilla Extra Long Grain)
- ☐ 2.5 cups Cooked black beans with broth (Goya Black Beans)
- ☐ 4 slices Thick-cut bacon, diced
- ☐ 1 whole Green bell pepper, minced
- ☐ 1 whole Yellow onion, minced
- ☐ 4 cloves Garlic cloves, crushed
- ☐ 1 tsp Ground cumin (Badia Ground Cumin)
- ☐ 1 tsp Dried oregano
- ☐ 1 leaf Dried bay leaf
- ☐ 1 tbsp Extra-virgin olive oil
- ☐ 1.5 tsp Kosher salt
- ☐ 0.5 tsp Freshly ground black pepper

US SUPERMARKET BRAND GUIDE

Black Beans: Goya Black Beans
Deep inky broth that imparts optimal color. • 🇵🇷 Hispanic aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Render Bacon & Sofrito

⌚ 6 min

Crisp diced bacon with 1 tbsp olive oil in a heavy pot. Add minced onion, green bell pepper, crushed garlic, ground cumin, dried oregano, and bay leaf; sauté until fragrant.
✓ Checkpoint: Crispy bacon and fragrant sofrito.
- 2

Toast Rice

⌚ 2 min

Stir in long-grain white rice for 2 minutes to coat thoroughly in the seasoned bacon fat.
✓ Checkpoint: Glossy grains.
- 3

Simmer in Black Bean Broth

⌚ 12 min

Pour in hot black beans with their dark broth, kosher salt, and black pepper. Simmer uncovered over medium heat until the liquid recedes to the surface of the rice.
✓ Checkpoint: Liquid just below the surface.
- 4

Steam & Fluff

⌚ 20 min

Cover tightly and cook over lowest heat for 20 minutes. Remove bay leaf and fluff gently with a fork.
✓ Checkpoint: Separate fluffy mahogany-purple grains.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 212°F (100°C) ACTIVE BOIL FOR LEGUMES & ≥165°F (74°C) FOR CURED PORK/CHORIZO (COOL TO ≤40°F WITHIN 2 HRS)**
Legume, Pork & Rice Food Safety: Dried beans must boil briskly at 212°F (100°C) for at least 10 minutes to deactivate natural phytohaemagglutinin lectins, and any chorizo or pancetta must reach ≥165°F (74°C). Hold hot at ≥140°F (60°C) or refrigerate leftovers to ≤40°F (4°C) within 2 hours to prevent Bacillus cereus growth.

👁️ **MASTER DONENESS CHECKPOINT:**
Every grain separate, fluffy, and dyed a uniform dark charcoal-grey.

🔬 **WHY IT WORKS:**
Rendered Fat & Cumin Sofrito Coating:
Coating grains in rendered bacon fat, olive oil, and 1 tsp toasted ground cumin creates a lipid barrier that keeps every grain fluffy and separate.

⚠️ **TROUBLESHOOTING:**
Mushy rice: Keep liquid ratio at 1.5 to 1 including beans.