

Cuban Black Bean Stew (Frijoles Negros Dormidos)

⌚ Prep: 15m 🔥 Cook: 50m ❄️ Rest: 10m Σ Total: 75m 🍽️ 6 servings



Video ref: Cocina Cubana con Luz

MISE EN PLACE / INGREDIENTS [13]

- ☐ 1 lb Dried black beans
(**Goya Black Beans**)
- ☐ 1 whole Green bell pepper, halved and finely minced
- ☐ 1 whole White or yellow onion, finely minced
- ☐ 0.5 tsp Ground cumin (**Badia**)
- ☐ 2 tsp Kosher salt
- ☐ 1 tsp Granulated white sugar
- ☐ 1 tbsp Apple cider vinegar or dry white wine
- ☐ 8 cups Water for pressure cooking
- ☐ 6 cloves Garlic cloves, crushed
- ☐ 2 whole Dried bay leaves (**Badia**)
- ☐ 0.5 tsp Dried Cuban oregano
- ☐ 0.5 tsp Freshly ground black pepper
- ☐ 4 tbsp Extra virgin olive oil (**Goya**)

🛒 US SUPERMARKET BRAND GUIDE

Black Beans: **Goya Premium Black Beans**
Uniform tender grains with thin skin. • 📍 **Hispanic beans aisle.**

COOKING SEQUENCE & CHECKPOINTS

- 1

Pressure Cook

⌚ 35 min

Rinse black beans and pressure-cook in 8 cups water with bay leaves and half a green bell pepper for 35 minutes until tender.
✓ Checkpoint: Tender beans yielding easily.
- 2

Sofrito

⌚ 5 min

Sauté minced onion, remaining green bell pepper, crushed garlic, cumin, and oregano in 3 tbsp olive oil for 5 minutes until fragrant.
✓ Checkpoint: Fragrant sofrito.
- 3

Thicken ('Dormir')

⌚ 15 min

Pour sofrito into beans, mash one ladle of beans against the pot wall to thicken, and stir in kosher salt, black pepper, sugar, and apple cider vinegar. Simmer uncovered 15 minutes.
✓ Checkpoint: Thick velvety broth.
- 4

Raw Olive Oil Finish

⌚ 10 min

Turn off heat, drizzle remaining 1 tbsp raw olive oil over top, cover, and rest 10 minutes before serving.
✓ Checkpoint: Glistening glossy surface.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: SAFETY ≥212°F (100°C) BOIL / 250°F PRESSURE COOK | TEXTURE TARGET: 208°F (98°C) STARCH EMULSION SIMMER**

FDA Legume Lectin Safety: Raw dried beans contain phytohaemagglutinin lectin; boil vigorously at ≥212°F (100°C) for at least 10 minutes (or pressure-cook at 15 psi / 250°F for 35m as instructed in Step 1) to destroy lectins—never cook raw dried beans on low in a slow cooker.

👁️ **MASTER DONENESS CHECKPOINT:**
Velvety, spoon-coating thick black broth ('dormido') with zero watery separation.

🔍 **WHY IT WORKS:**
Mashing for Emulsion: Crushing one cup of cooked beans against the pot wall releases amylose that emulsifies the broth into velvet.

⚠️ **TROUBLESHOOTING:**
Watery broth: Mash two ladles of beans and simmer uncovered on medium for 10 minutes.