



Mexican Enfrijoladas

(Serves 4)

Ingredients

Pickled Red Onion:

1 small red onion, halved and thinly sliced
100ml freshly squeezed lemon juice
¼ tsp dried oregano
¼ tsp red-pepper flakes
1 dried bay leaf
1 ½ tablespoons kosher salt
¼ tsp black pepper

Enfrijoladas:

1 whole dried chipotle chile
1 can (425g) black beans or pinto beans
150-200ml vegetable or chicken stock
½ tsp smoked pimenton
Salt, to taste
4 Tbsp sunflower or vegetable oil
6 flour or corn tortillas
4 Tbsp sour cream
Large handful of fresh coriander leaves, roughly chopped
1 avocado, pitted, peeled and sliced
2 limes, quartered
Large handful grated cheddar cheese (optional)

Method

Gather the ingredients for the pickled onion. Combine all ingredients in a mixing bowl and allow to sit at room temperature for 30 minutes. The onion can be covered and refrigerated for up to 3 to 5 days before serving.

Gather the remaining ingredients for the enfrijoladas. Place the chipotle in a small bowl and pour over freshly boiled water to submerge it. Allow to stand for 10 minutes. Remove the chipotle from the water, remove the stem and discard the water.

Transfer the chipotle with the drained beans, pimenton and 150ml of the vegetable or chicken stock to a blender or food processor (or blend in a large mixing bowl with a hand blender). Blend until completely smooth. Taste and add salt as needed. Add more of the broth, ¼ cup at a time as needed, to make a smooth bean sauce. Season to taste with salt.

Transfer the blended bean mixture to a small saucepan and warm over a medium heat. Add 2 tablespoons of the oil to the mixture and stir well to combine. Allow the mixture to come to a low simmer and cook for 5 minutes, stirring continuously. Add additional stock if needed until the mixture reaches a cheese-sauce consistency. Turn the heat down to the lowest setting to keep warm.

Warm a large frying pan over a medium to high heat. Add 2 tablespoons of oil and swirl around. Add 1 to 2 tortillas and lightly fry for 40 to 60 seconds until softened and blistered. Flip the tortilla and cook on the other side for 30 to 60 seconds. Transfer the fried tortillas to a chopping board, continuing to add a little oil if needed to cook the remaining tortillas.

Cut each tortilla in half and use tongs to gently submerge each tortilla in the saucepan of warm bean mixture one at a time. Repeat this process for all tortillas, diving between 4 serving plates (placing 3 halves, folded on each plate).

Spoon the remaining bean sauce over the top of the tortillas. Garnish with the drained pickled red onion, sour cream, lime quarters, grated cheese (if using), coriander leaves and avocado. Serve immediately.