



# Go with Greta to Nicaragua

## Gallopinto

This recipe (named "Spotted Rooster"! ) is a staple breakfast in Nicaragua. It needs advance preparation and keeps well

### Ingredients:

#### For the beans

450g dried small red or black beans (Nicaraguan people use red beans but these can be tricky to come by)  
White vinegar  
Salt  
7 cloves of garlic, peeled and left whole

#### For the rice

60ml coconut oil  
1 medium onion, finely chopped  
2 tbsp chopped garlic  
300g long-grain white rice  
700ml vegetable broth  
1/2 green bell pepper, cored and seeded  
2 tbsp minced fresh cilantro, optional for garnish

### What you do:

#### To prepare the beans (the day before needed)

1. Rinse the beans in cold water before placing them in a large pot and covering with water to about 6cm above the top of the beans. Soak for 30 minutes.
2. Without draining the beans, place the pot over a medium heat, add a splash of white vinegar and bring to the boil. Simmer the beans for 30 minutes then remove from the heat, cover, and allow to cool for one hour.
3. Put the pot back on the heat and bring to the boil again. Add salt and garlic and simmer until beans are tender, 30 to 60 minutes. Allow to cool completely, pour the beans into a dish with a lid, then put into the fridge overnight.

#### To prepare the beans (the day before needed)

1. Heat 2 tablespoons oil in large saucepan and add 2/3 of the onion and 1 tbsp of the minced garlic. Cook for about five minutes, stirring constantly.
2. Add the rice and cook for 2 to 3 minutes, stirring, until all the rice is evenly coated with oil. Add the broth and 1 1/2 teaspoons salt. Turn up the heat until the mixture comes to a boil. Put the bell pepper on top of the rice but do not stir it in.
3. Continue to boil the rice without stirring until most of the liquid has evaporated and you can see small bubbles on the surface of the rice. Turn the heat down, put a lid on the pan and cook without lifting the lid for 15 minutes. Remove bell pepper and throw this away. Fluff up the rice with a fork, put it in an airtight container, allow it to cool quickly and then put it in the fridge overnight.

#### To make your gallopinto

1. In a large frying pan, heat 2tbsp oil with 1tbsp garlic over a medium heat. Add the remaining onion and cook for about 5 minutes.
2. Add the rice, and the cooked beans to the pan and cook, stirring to make sure that the rice becomes evenly coated with the oil. You could add some chipotle or adobo sauce at this point if you wish.
3. Continue to cook and stir until the mixture begins to go a little crispy, about 10 minutes. Cover and cook over low heat an additional 10 minutes.
4. Your gallopinto is now ready to serve and enjoy.



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