

## Guatemalan Black Beans

Recipe courtesy of Maya Tech Learning Center at the 2007 Cityfolk Festival

- 1 lb dry black beans
- 1 tsp salt
- 2-3 cloves fresh garlic, diced
- 2-3 green onions

Wash and soak black beans with salt overnight in crock pot half full of water.

In the morning, turn crockpot to high and add garlic. Dice whites of green onions and add along with the whole stalks of greens. Cook all day until beans are tender. Once beans are soft, simmer on low and remove onion greens. Salt as desired. Serve with corn tortillas.

Black beans are a staple among Guatemalans, especially the Maya, who have grown beans among their milpa or corn crops since pre-colonial times. In current and past Mayan culture, the beans are soaked and cooked in a clay pot over an open fire or brick stove fueled by wood, giving the beans a smokey flavor unmimicked in the crock-pot method.

Likewise, the hand-ground corn dough, called masa, used to make fresh tortillas over an open fire is unmatched in flavor by the modern packaged versions. A corn flour called Maseca, comes close to the real thing when mixed with water according to directions, pressed, and cooked on a pan-cake griddle.

