

Black Bean Cakes with Cilantro Sour Cream

Serves 6

2 cups cooked black beans
1 Tbsp tomato paste
½ red onion, peeled and finely diced
0-2 jalapeños, roasted, peeled and minced
2 tsp cumin
1 tsp oregano
½ cup corn starch
1-2 eggs (may have to experiment with the first batch)
Salt and pepper, to taste
½ cup masa harina, or fine cornmeal
¼ cup oil for frying
½ lime, squeezed for juice
½ cup sour cream
1 bunch cilantro leaves
½ tsp salt

Method:

Puree cooked black beans with tomato paste, onion, jalapeño, cumin, oregano and corn starch. Once thoroughly mixed, add one egg. Cook a test cake, if it is too loose, add the second egg. Season with salt and pepper.

Form into twelve balls and refrigerate for an hour, or overnight. When ready to serve, flatten balls into uniform discs, dust with masa harina and fry in hot oil. Cook for about 2 minutes per side on medium-low heat. Drain on paper towels. Hold warm for serving.

Mix together chopped cilantro with sour cream, lime juice and salt. Can be spooned on, or squeezed through a pastry bag or squeeze bottle for a distinctive presentation.

(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)