

Refried Beans (Handled)

Frijoles refritos (maneados)

Ingredients

2 cups cooked beans, drained ("de la olla" are the best)

2 tbsp vegetable oil (or lard)

¼ cup milk (cow's or cashew), or more, as needed

Salt to taste

Warm up fat in a large frying pan, very hot but not smoking; reduce heat to medium and add beans. Cook for about a minute, being careful to stir constantly to prevent burning the beans. Start mashing with the back of a wooden spoon or a potato masher, while adding milk slowly and carefully. Continue mashing until a smooth paste is achieved; add more milk if needed to reach desired consistency, and salt to correct seasoning, to taste. Serve hot as a side with a sprinkle of fresh cheese and corn chips (totopos); also use in sandwiches, and antojitos.

Antojitos — "little cravings", are any kind of Mexican corn dough preparations, such as quesadillas (folded), sopes (flat), gorditas (patties), etc.

