

# Beans & Rice

*(from Mexico)*

## **Ingredients**

- 1 cup of beans
- 1 liter of water
- 1 cup of rice
- 2 cups of chicken broth
- 1/8 part of an onion
- 2 sprigs of epazote
- Salt to taste

## **Instructions**

Fry rice and onion in a pot with a little oil for 1 minute, then add the chicken broth. Bring to a boil, then reduce heat and simmer. Remove from heat when all the broth is absorbed.

Place beans in a pot and add the water, salt, and the sprigs of epazote. Bring to a boil and reduce to a simmer. Cook until beans are soft, about 1 hour.





# Reganadas



*(Mexican cinnamon cookies)*

## Ingredients

for the dough

- 1 large egg, separated, room temperature
- 2 cups butter
- 4 cups all-purpose flour
- 3 tsp baking powder
- 1½ tsp ground cinnamon
- Pinch of salt
- ¾ cups sugar

for the coating:

- ⅔ cups sugar
- 4 tsp ground cinnamon
- Powdered sugar, optional

## Instructions

Preheat oven to 375°.

In a large bowl, beat butter until creamy. In another bowl, whisk flour, baking powder, cinnamon, and salt; gradually beat into lard. Beat egg white on high speed until stiff peaks form. Gently whisk in sugar and egg yolk. Gradually beat into butter mixture.

Turn dough onto a lightly floured surface. Knead gently 8-10 times. Divide dough into 6 parts. On a lightly floured surface, roll each portion in a 24" long rope. Cut diagonally into 2" pieces. Place 1" apart on an ungreased baking sheet. Bake 8-10 minutes or until edges are golden brown. Cool on pans 2 minutes.

Dust warm cookies in cinnamon sugar or with powdered sugar. Cool on wire racks. Makes 4 dozen.

