



Southwestern Black Bean Salad

Serves 4 - 6

Ingredients -

1 cup dried black beans
1/2 cup white onion, chopped
1 tablespoon toasted ground whole cumin
1/2 cup Ranchero cheese, crumbled
(or another crumbly white Mexican cheese)
1/4 cup fresh parsley, chopped
2 tablespoon freshly squeezed lime juice
1/2 cup ripe tomatoes, chopped
Salt and freshly ground pepper to taste

Optional: 1/2 cup cilantro leaves, coarsely chopped

Prepare Salad -

Soak the beans in cold water overnight or at least 4 to 6 hours. You need to do this because they are hard and need to be rehydrated.

In approximately four cups of water, place beans and bring to a light boil covered. Cook approximately an hour at a light boil until tender. When tender drain the water and put beans back in the pot while hot. Turn off heat.

Add the cumin and onion and salt and pepper to taste. Stir together and leave in covered pot for about an hour (until it cools).

When cooled, remove to mixing bowl. Add the cheese, tomatoes, parsley, and lime juice; toss together to mix.

We prefer it at room temperature but it can be chilled.

Optional - Add chopped cilantro leaves and stir just before serving.

Wine Pairing Suggestion -

It is unlikely that you will serve this black bean salad as a main course but if you do it would serve well with a bold, rich tasting wine like a Zinfandel, Petite Sirah or Syrah. But if you serve the salad as a side dish, think about all of the flavors of the meal before choosing the wine. We serve the bean salad with grilled pork tenderloin that is highly seasoned so the wine pairings suggested might be perfect. But you can also serve the salad with a lighter main course such as grilled chicken breasts or fish so a lighter, fruitier white wine might be better.

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