

Gallo Pinto (Costa Rica Beans & Rice)

Prepared by
Michelin Star chef **MARC FOSH**

SERVES 6

175 g cooked white or brown rice (preferably day-old)

1 x 400 g tin of black bean, drained and rinsed

1 small onion, finely chopped

225 g ripe tomatoes, chopped

2 cloves garlic, crushed

2 tbsp olive oil

1 tsp ground cumin

1 tsp ground coriander

2 fresh limes, cut into wedges

1 tbsp Lizano sauce or Worcestershire sauce, (optional, for extra flavour)

3 spring onions, chopped

Fresh coriander leaves

for garnish

Seasoning

Gallo pinto basically means "spotted rooster" because apparently the combination of black beans and rice resemble a certain type of chicken with speckled black and white feathers. This dish is popular all-over Latin America and is often served for breakfast in Costa Rica, alongside eggs, tortillas, and fried plantains. It's also commonly enjoyed as a side dish with various meats or seafood for lunch or dinner.

1. In a large frying pan, heat the olive oil over medium heat.
2. Add the chopped onion, garlic, and tomatoes, and cook until softened, about 3-4 minutes.
3. Stir in the cooked rice and black beans, along with the ground cumin and ground coriander.
4. Mix everything together until well combined.
5. Cook the mixture, stirring occasionally, until heated through, about 5-7 minutes.
6. Season the Gallo Pinto with salt and pepper to taste and add the Lizano sauce or Worcestershire sauce for extra flavour if desired.
7. Sprinkle with chopped spring onions and garnish with fresh coriander. Serve with lime wedges.

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