

# NYBG

## SENSATIONAL SEEDS CHEF RECIPES

### **HABICHUELAS CON DULCE (SWEET CREAM OF BEANS)**

Prepared by Henry Obispo of Born Juice  
Sensational Seeds Event  
Makes one large pot

A traditional lent dish of the Dominican Republic, is enjoyed throughout the year. Rooted in community and family, as it is served in a gathering and often a solemn state, we want to celebrate the Fall weather with this warm and inviting desert dish that entices all with its spiced aroma and unique flavors that offers comfort in a seeming warm embrace for the belly and soul.

#### **Ingredients**

- 2 lbs. of dried red kidney beans (Not canned)
- 6 cups of water to boil beans
- 2 cups of coconut milk
- 1 ½ cup of coconut sugar
- 2 cups of almond milk
- ½ cup of raisins
- ½ lb of Caribbean sweet potatoes (cut into small cubes for sampling)
- 1 teaspoon Cloves whole
- 1 teaspoon all spice (malagueta)
- 4 cinnamon sticks
- 2 tablespoons vanilla extract
- ½ teaspoon Himalayan pink salt
- Galletas Santa (crackers) or Casabe (for garnish)



#### **Instructions**

Rinse the sorted dried beans thoroughly in cold running water and let them soak in water overnight. Soaking the beans will allow for a faster cooking time and it will also help remove what causes gas/flatulence.

To cook the beans, drain the soak water and rinse again, place the beans into a large pot and cover with fresh, cold water. Cook the beans over medium heat, and add warm water periodically to keep the beans covered as the beans expand, and as the water boils and evaporates. Stir as often as necessary to prevent them from sticking or burning. Cook until the beans are tender, rather than mushy.

Let the soft cooked beans cool off for a few minutes, then puree the beans in a blender to achieve the 'Sweet Cream of Beans' (add some water enough to ease the blending). Use a colander to strain the beans.

Boil the almond milk separately for 10 minutes.

Mix strained beans, coconut milk, and almond milk into a pot and bring to a boil over medium heat.

Rinse, peel and dice sweet potatoes to add to the pot.

After adding the sweet potatoes, mix in the Himalayan salt, coconut sugar, cinnamon sticks, cloves, raisins, and all spice to the pot of beans. Let this mixture boil for about 15 minutes and stir constantly, so the Habichuelas Con Dulce can get creamier and thicker.

When both the taste and consistency feel right, then they are served warm. Add the raisins and galletas santa (crackers)/casabe to garnish