

Camp Cookbook - Breakfast

Gallo Pinto **(or Costa Rican Beans & Rice)**

A traditional Costa Rican dish Gallo Pinto is usually eaten at breakfast (or sometimes lunch). The black beans turn the rice black so you may get some reactions from the Guides the first time you put it on the menu ranging from freaked out to loving it just for the colour. Don't be put off by the length of time mentioned in the recipe, it's a really simple to prepare. Depending on your camping style you could pre-prepare the beans and rice at home or simply soak the beans during the day and set to simmer on the coals after dinner for breakfast the next morning.

Ingredients:

450 grams Black beans. Fresh are best but most likely you'll find them dried.
8-10 sprigs coriander leaf fresh or frozen, makes all the difference here (not dried)!
1 small or medium onion
½ small red or yellow capsicum (optional)
3 cups (700 ml) chicken stock or water
2 cups (350 ml) white rice
½ teaspoon (2.5 ml) salt
1 Tablespoon (15 ml) vegetable oil
1-3 Tablespoon oil to fry the Gallo Pinto

Method:

If beans are dried, cover with water and soak overnight, if they are fresh, just rinse them off. Drain the beans and add fresh water to an inch (2.5-cm) above the top of the beans, salt, and bring to a boil. Cover the pan and simmer at a very low heat until beans are soft (around 3 hours).

Chop coriander, onion, and capsicum very fine then add the oil to a large pan or dutch oven and sauté the dry rice for 2 minutes at a medium high heat then add half of the chopped onion, capsicum and coriander and sauté another 2 minutes. Add water or chicken stock, bring to a boil, cover and reduce heat to simmer until rice is tender (20-35 minutes).

If you are pre-preparing the rice and beans at home you can refrigerate or freeze them at this stage. Keep a significant amount of the "black water" with the beans (½-1 cup). This is what gives the rice its colour and some of its flavour.

Sauté the rice, beans reserved chopped onion, capsicum and coriander together in vegetable oil for a few minutes. Sprinkle with a little fresh chopped coriander just before serving.

If you are serving this to adults you know can take it you could add chillies with the capsicum, or for those who want it - salsa to taste.

Camp Cooking Hint: Try recipes at home first. Not only can you adjust the recipe and quantities to suit but it can help avoid disasters at camp.