

ESSENTIAL LATIN

Moros y Cristianos Moors & Christians (Beans & Rice)

SERVES 4

- 60ml (¼ cup) olive oil
- 2½ cups chopped white onions
- 2½ cups chopped green capsicums
- 4 garlic cloves, crushed, chopped
- 1 can Latin Deli Black Beans
- 1 tsp oregano
- 2 tbs tomato paste
- 3 tsp ground cumin
- 1 bay leaf
- 2 tbs white vinegar
- 1L chicken or vegetable stock
- 540g (3 cups) long-grain white rice

1 Heat oil in a large saucepan over medium heat. Add onion and capsicums, and cook, stirring, for 2 minutes or until tender. Add garlic and cook for a further minute or until fragrant. Add the black beans, oregano, tomato paste, cumin, bay leaf and vinegar, and cook, stirring for 5 minutes, to combine.

2 Add chicken stock and rice. Bring to the boil then reduce heat to low, cover and cook for 25 minutes or until rice is tender.

3 Season with salt and pepper. Remove bay leaf and serve. Delicious on its own or on nachos, in tacos, burritos or fajitas.

* For extra spice, add 1 tsp of Latin Deli's El Yucateco Chile Habanero green sauce. Latin Deli's El Yucateco hot sauces are available in a range of flavours. For the full range, visit latindeli.com.au.



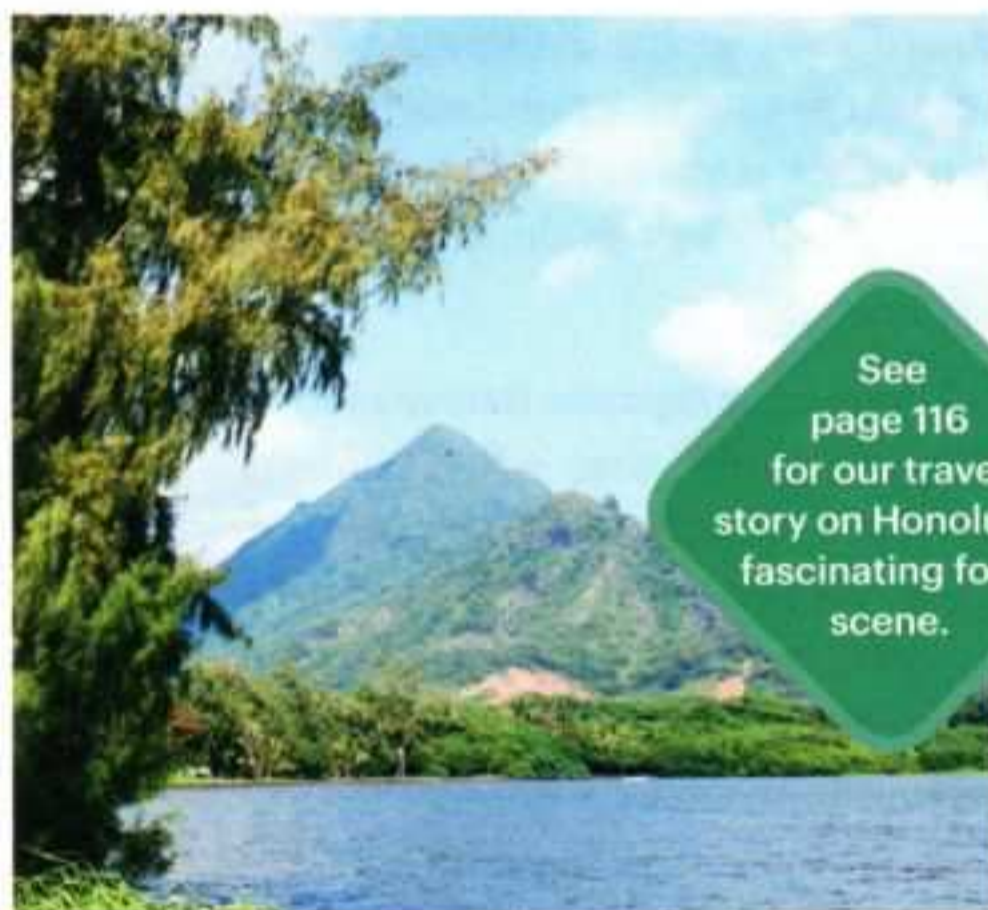
For recipe ideas and more about Latin Deli products, visit latindeli.com.au

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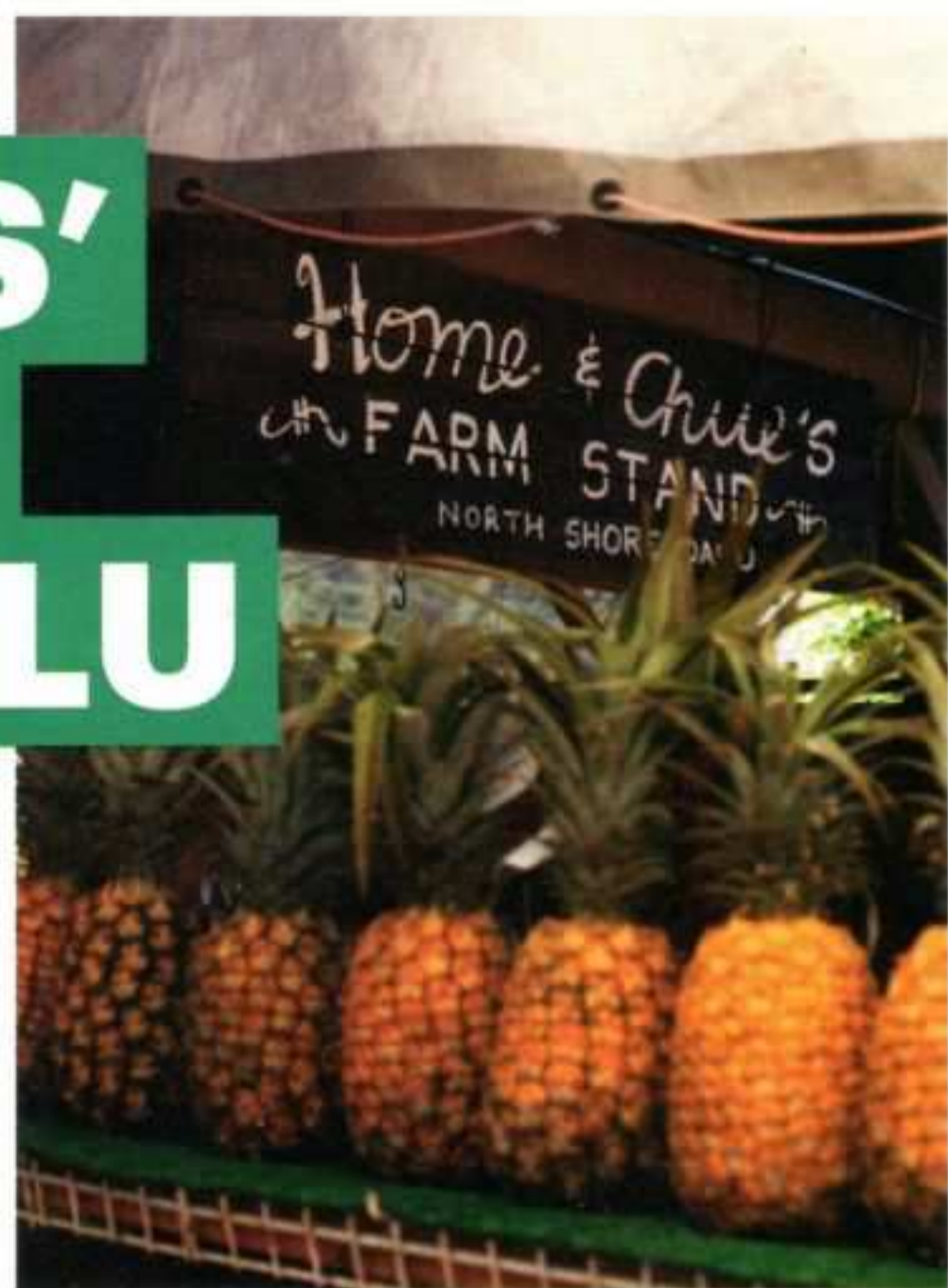
FARMERS' MARKET, HONOLULU

'Market opens at the ring of the bell,' declares the sign at the entrance to the Saturday farmers' market in the green grounds of the Kapi'olani Community College, Honolulu.

Nestled in the nape of spectacular Diamond Head (a dormant volcanic crater), the vibrant stalls present the delicious, authentic flavours of Hawaii, and a chance to meet the growers who cultivate them.



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for our travel
story on Honolulu's
fascinating food
scene.



From just-picked lychees, mountain pears and sea asparagus, to North Shore organic grass-fed beef, this is where locals shop for the freshest Hawaiian produce.

It's best to arrive hungry, with an abundance of tempting food stalls on-site, including Too Hot Tomatoes (with its sensational fried green tomatoes), The Pig & The Lady's Vietnamese street food from cult-chef Andrew Le, and 'Licious' sharing spectacular raw organic vegan treats. Saturdays, 7.30am to 11am, Kapi'olani Community College, 4304 Diamond Head Rd, Honolulu, hfbg.org/markets.

SUGAR & SPICE

Thailand is best known for its street food, noodle dishes and curries, but its sweets, known as *khanom*, are worth exploring, too. Typically bite-sized, *khanom* are made from many ingredients, including palm sugar, eggs, tapioca, agar jelly, fruits, pandan and coconut cream to name a few. Among the popular sweets sold at this stall at Aw Taw Gaw Farmers' Market in Bangkok (near Kampaengphet Metro station) are *tub tim krob* ('red rubies' made of tapioca, red colouring and water chestnuts served in coconut milk), preserved sweet pumpkin, and *khanom luk chup*, where a paste of mung beans and coconut milk is shaped into miniature fruits and vegetables, then coated with glossy coloured gelatine.

