Food and Agriculture Organization of the United Nations

2016 INTERNATIONAL YEAR OF PULSES

Strained Beans

Peru | Easy | 8-10 hours | 10 servings | Dessert

Ingredients

Black bean, dry	500 g
Evaporated milk, (sweetened)	150 ml
Sugar	900 g
Water	120 ml
Clove, ground	5 g
Sesame seed, toasted	5 g

Tools and equipment

~ Strainer
~ Stainless steel saucepan
~ Wooden spoon or other stirring tool

Directions

1. *Wash and soak beans for eight to ten hours.*
2. *Boil beans until cooked.*
3. *Rub beans through a sieve, together with the evaporated milk.*
4. *Add sugar, water and cloves in a saucepan, and bring it to boil (medium-high heat) for three to five minutes until formation of syrup.*
5. *Pour syrup over the bean puree.*
6. *Simmer mixture, stirring constantly until smooth.*
7. *Put in a bowl and sprinkle with toasted sesame seeds. Serve cold.*

SOURCE: IRRI. (1991) Home chefs of the world: rice and rice-based recipes. Philippines.