

Joel's Magic White Bean Stew

1 pound dried white beans rinsed but not soaked

12 cups water

1 $\frac{1}{2}$ lb fresh ham hock or 1 $\frac{1}{2}$ lb smoked ham hock rinsed to remove residual smoke

1 green bell pepper, stemmed, seeded, and quartered

1 medium onion, minced

4 medium cloves garlic, minced

2 bay leaves

1 $\frac{1}{2}$ teaspoons table salt or 1 tablespoon kosher salt

Sofrito

2 tablespoons olive oil

1 medium onion, minced

1 green bell pepper, minced

4 medium cloves garlic, minced

2 teaspoons dried oregano

1 teaspoons sea salt

1 $\frac{1}{2}$ teaspoons ground cumin

1 teaspoon ground coriander

1 tablespoon dry sherry

Ground black pepper

Instructions

Beans:

- Combine all bean ingredients in heavy stock pot and bring to boil over medium heat.
- After boiling reduce heat to low and simmer until beans are tender. Appx 2 hours. Keep water level above beans and add more water if needed.
- Remove hock from bean and separate meat from bones and skin. Cut meat into small pieces.

Sofrito:

- Heat oil in large skillet over medium heat and all ingredients except for the cumin and coriander. Cook until the vegetables soften.
- Add the cumin and coriander and cook one more minute.

Prepare:

- Scoop 1 cup beans and 2 cups cooking liquid into the skillet with the sofrito; mash the beans with until smooth.
- Cook the combined mashed beans and sofrito over medium heat until liquid is reduced and thickened.
- Combine the sofrito mixture and cut meat to the bean pot; simmer until the beans are creamy and liquid thickens to sauce consistency. Appx 20 minutes.
- Add sherry and cook 1 minute longer. Serve