

## PINTO BEANS II ELECTRIC BOOGALOO

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So... I was working on "The Pinto Epiphany" and I was trying to think of alternatives to ham hocks. Not that I have anything against the ham hocks, but I was just thinkin'. Then I thought wings!!! I can, and have, gotten some REALLY nice gelatin using wings as a base. A bit more meat over the ham hocks too! Then I thought, "HEY! This could be a meal! Just like "OLD MAN's Dal!" And here we are!

Still a work in progress, but I also expect great things from this one

### INGREDIENTS

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<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
AR	-----	Distilled Water
1	1lb bag	Dried Pinto Beans
2	-----	Decent Sized Sweet Onions
AR	-----	LVO
6	Cups	Beef Broth with No Salt Added
3	-----	Large Cloves Garlic
2	-----	Fresh Bay Leaves
4	-----	Small Sprigs Fresh Rosemary
4	-----	Small Sprigs Fresh Thyme
1	TSP	Ground Cumin
1	TSP	Mexican Oregano
1	TSP	Black Pepper Corns
1	2 oz Can	Anchovies
2	6-Wing Packages	Uncut Chicken Wings
AR	-----	Kosher Salt
1	TSP	Accent
AR	-----	Pinot Grigio

I think you'll need at least 1 gallon, but get two just to make sure. Don't worry, it keeps!

Yes, the bay leaves need to be fresh; it makes a world of difference. Check the produce section of your grocery store where the other fresh herbs are sold

If you can't find Mexican oregano, regular ol' oregano should work

For the wings, I generally get Purdue, or the like. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. Get the whole wings for this, not the party wings; the tips will contribute to the "stock"

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## SPECIAL TOOLS

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- 12 in stainless steel fry pan
- Vacuum Sealer
- Vacuum Seal Bags
- Sous Vide Machine
- Sous Vide Bag Holder
- Sous Vide Rack
- Stainless Steel Chop Sticks

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## PREPARATION

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### NIGHT BEFORE

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- 1) Sort through the beans and remove any sticks, stones, dirt, foreign debris, etc
- 2) Rinse the beans through a strainer or colander
- 3) Put beans in a pot and cover with DISTILLED water to AT LEAST 3 times the height of the beans [i, ii]
- 4) Cover the pot and let sit overnight in a coolish spot [iii, iv]
  
- 5) Pull the wings from the package and pat dry
- 6) Butcher the wings into drummettes, flats, and tips
- 7) Generously salt the wings on both sides
- 8) Place the wings on (Qty. 2) ¼ sheet cooling racks in (Qty. 2) ¼ sheet pans and stick in the fridge overnight

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### MORNING OF

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- 1) Check Sous Vide machine water and replace water as required
- 2) Fill the water to the maximum fill line
- 3) Heat the Sous Vide machine to 195 deg. F [v]
  
- 4) Rinse your onions!
- 5) Slice off the root and tip ends
- 6) Remove the paper and outer layer if it is soft / rubbery / unappealing
- 7) Slice the onion in half, root to stem
- 8) Cut a “V” notch around the root on each half, remove, and discard
- 9) Small dice the onions and place in a largish glass bowl
- 10) Cover the bowl o’ onions with a plate (if you have one that will fit) or with plastic wrap
- 11) Heat stainless steel pan on mediumish for 5 minutes or so
- 12) While pan is heating, fold 1 TBSP of LVO into the bowl of onions. The onions should wind up nicely coated, but not dripping, with oil
- 13) Add 1 TBSP of LVO to pan
  - a. If the oil starts to smoke, remove pan from the burner and reduce the burner heat. Return the pan to the burner and repeat until the oil is shimmering, but not smoking

- b. If the oil is not shimmering, slowly increase heat in small increments until it shimmering, but not smoking
- 14) Add onions to pan and cover with the lid
- 15) Cook until the onions become somewhat translucent and reduced; about 5 - 10 minutes
- 16) Take the lid off the pan and stir the onions
- 17) Set timer for 10 minutes
- 18) Stir onions, making sure to bring up onions from the bottom to the top
- 19) Repeat steps 17 and 18 until you start to notice darker brown bits as you stir the onions
- 20) Stir onions with a flat-edged wood spoon (Did I forget to mention that you need a flat-edged wood spoon?), scrape up any fond, and stir that back into the onions
- 21) Set timer for 10 minutes
- 22) Repeat steps 20 and 21 until you reach your desired level of doneness. As you get closer to where you want to be, decrease the time between stirrings
- 23) Continue to stir and cook, reducing the time between stirrings, until they are nice and dark brown, but not burnt. The onions will be noticeably reduced at this point, so make sure you spread them out over the pan after each stir
- 24) Cover and set aside until needed
  
- 25) Position 2 racks in the center most positions of your oven
- 26) Heat oven to 500 deg. F
- 27) Lightly grease two half sheets with LVO
- 28) Toss the wings in a bowl, one package at a time, with LVO until lightly, but evenly coated. Not too much, but not too little
- 29) Spread the wings evenly on two half sheets (DON'T CROWD) and stick in the oven
- 30) Cook until nicely browned (a little on the darker side), maybe around 30-45 minutes or so
- 31) Every 15 minutes swap the pans on the racks and rotate the pans 180 deg.
- 32) When the wings are done, pull from the oven and set aside in a glass bowl covered with cheese cloth
- 33) As soon as possible, deglaze the sheet pans with Pinoit Grigio. Measure the deglazed liquid / fond, cover with a saucer, and set aside
  
- 34) Make (Qty. 2) 5-line vac seal bags
  - a. Create two seals, each one double sealed
- 35) Drain the beans through a colander
- 36) Place half the beans in each bag
- 37) Split the caramelized onions between the two bags
- 38) Mince the garlic and split between the two bags
- 39) Add 1 fresh bay leaf, 2 small sprigs of fresh rosemary, and 2 small sprigs of fresh thyme to each bag
- 40) Sprinkle in ½ TSP ground cumin, ½ TSP Mexican oregano, ½ TSP black pepper corns, ½ TSP Accent to each bag
- 41) Split the wings between the two bags
- 42) Split the anchovies between the two bags
- 43) Split the reserved fond between the two bags
- 44) Add 3 cups of beef broth to one bag
- 45) OK... this next part might get a bit tricky... The goal is to vacuum seal everything with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer [vi]

- a. Position the vacuum sealer near the edge of a counter
  - b. Squeeze out as much air as possible from the bag
  - c. Position the bag in the vacuum sealer so that it hangs over the edge of the counter [vii]
  - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
  - e. After one minute, re-trigger the seal function
  - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
  - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
  - h. After one minute, re-trigger the seal function
- 46) Repeat steps 44 and 45 for the second bag of beans
- 47) If the Sous Vide has not reached temperature yet, place the bags o' beans in the fridge until it does
- 48) Once the Sous Vide machine reaches temperature remove water and set aside until it reaches the minimum fill line
- 49) Place the bags o' beans in the rack. Thread the chop sticks through the rack so that the bags will not float up
- 50) Place the rack into the Sous Vide machine
- 51) Add the reserved water back to the machine to the max fill line
- 52) Cover the Sous Vide machine
- 53) Once the Sous Vide machine recovers temperature, set timer for 5 ½ hours
- 54) Check the beans occasionally. They will expand with something (I assume air). I did not have any issues with bag rupture with 4-line bags, but you'll want to keep an eye on it
- 55) When the 5 ½ hour timer has elapsed, pour the contents of the bag or bags into a suitably sized pot over VERY LOW heat
- 56) Stir and manipulate the wings until they falls apart, but be careful not to mush the beans
- 57) Remove the bones and cartilage bits, but leave in any meat
- 58) Fish out the bay leaves, thyme and rosemary sprigs
- 59) Salt to taste
- 60) Cover until you are ready to serve
- 61) ENJOY!!!

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## CLOSING THOUGHTS

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Ya know? I still haven't figured out a good vegetable pairing for this. I think corn will work, but I eat corn a lot and want something different. I'll have to think upon this a bit more.

## NOTES

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- i. Why distilled water? Well, in my case, my water is pretty acidic and, as I have recently learned, acid prevents beans from softening and makes them take longer to cook.
- ii. Check the beans occasionally. They will expand and if it looks like they are going to come out of the water, add a bit more water
- iii. This may be a bit controversial. I have seen it said that you should soak beans for no longer than 6 – 8 hours. Something about starting to sprout or making the skins harder after a while. I dunno. 6 – 8 hours kind of puts it at a weird time in regards to fitting in everything else and overnight seemed to work for me
- iv. If it is too warm, they might start to ferment which, long story short, could impede cooking
- v. It takes my Sous Vide Supreme about 1 hour 15 minutes to 1 hour 30 minutes. Your mileage may vary depending on your machine
- vi. You also want to avoid sucking water into the area of the bag where it is going to seal. I was not quick enough this last time and it took many attempts to get a good seal
- vii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!

## PICTURES

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