

Black Bean Cakes

Recipe By : Chef Michael D Atkinson Inn on Church Street

Serving Size: 2- 2 ounce cakes Preparation Time: 0:25

Yield: 20 servings

Categories : Appetizer / Entrees

Amount	Measure	Ingredient	Preparation Method
2	18 ounce cans	black beans	-- cooked and drained
1	18 ounce cans	red kidney beans	-- cooked and drained
1	18 ounce can	black eyed peas	-- cooked and drained
	1 cup	brown rice	-- cooked
	½ medium	yellow onions	-- diced
	½ bunch	green onion	-- sliced
	1 each	green peppers	-- diced
1	each	roasted red peppers	-- diced
	1 rib	celery	-- diced
6	cloves	fresh garlic	-- chopped
	1 bunch	cilantro	-- chopped
1	tablespoon	lime juice	-- fresh squeezed
	4 ounces	extra virgin olive oil	
	2 ounces	cream	
	dash	sherry (optional)	
1	tablespoon	cumin seed	-- ground
	1 pinch	salt	
	1 pinch	pepper	
1	bags	multi colored tortilla chips	-- crushed

Combine all of the beans and the cooked rice in a bowl. Sauté all of the vegetables in olive oil then add them while still hot to the bean mixture. Add the seasonings and then mix every thing together with a large spoon. Next take half of this mix out of the bowl and pulse in a food processor or with a potato masher if you don't have a food processor. Add the mashed half back into the bowl with the un-mashed mixture. Blend together with your spoon. Add crushed tortilla chips to bind. Add olive oil and cream to keep moist .form 2-4 ounce cakes. Pat additional crushed tortilla chips on the cakes to form a crust. Pan Sauté the cakes using olive oil, then finish then in a 350 degree oven. Serve topped with pico de gallo and with jalapeno, cinnamon sour cream.

Other Suggested Uses: serve as an entrée with a salad or as a vegetarian burger on a bun. Freeze bean cakes for later use.

Pico de Gallo

Recipe By : Chef Michael D Atkinson
Serving Size: 2 ounces Preparation Time: 0:10
Yield: 1 quart
Categories : Salsa / Garnish

Amount Measure	Ingredient -- Preparation Method
4 medium	Fresh ripe tomatoes – seeded and diced
1 each	Green, red and yellow peppers – fine diced
1	Yellow onion – fine diced
1 bunch	Cilantro – chopped fine
1 lemon	Lemon juice – fresh squeezed
	Kosher salt – to taste

Combine chopped vegetables, season with salt and lemon juice.
Use with black bean cakes, as a dip for tortilla chips
or as a salsa for blackened chicken or fish

Cinnamon Jalapeno Sour Cream

Recipe By : Chef Michael D Atkinson
Serving Size: 1 ounces Preparation Time: 0:05
Yield: 1 pint
Categories : dip / Garnish

Amount Measure	Ingredient -- Preparation Method
1 pint	Sour cream
1 each	Fresh jalapeno – fine diced
1 tbsp	Ground Cinnamon

Combine ingredients, mix well. Best flavor if allowed to sit over night.
Use for a condiment with black bean cakes.