Black Bean Cheese Rice Patties

8 patties and lime-yogurt dip;2 meals of 4 patties with half the dip · Active 50 min · Total 1 hr 35 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- About 1 1/2 cups fully cooked unsalted black beans, drained (240 g)
- About 1 1/3 cups cooked long-grain white rice, promptly chilled and refrigerated within its original 24-hour limit (200 g cooked)
- 1 large egg, beaten (50 g edible without shell)
- 2/3 cup loosely grated cheddar (60 g)
- 3 tablespoons plain dry breadcrumbs (20 g)
- 2 tablespoons finely sliced green onion (20 g)
- 1/2 teaspoon ground cumin (1 g)
- 1 tablespoon olive oil (15 ml/about 13.5 g), divided
- About 2/3 cup plain nonfat Greek yogurt (150 g)
- 2 teaspoons lime juice (10 ml/about 10 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/8 teaspoon black pepper (0.3 g)

Set out

Large mixing bowl, Fork, Small bowl for dip, 30 cm/12-inch nonstick skillet, Wide spatula, Clean plate for first batch, Knife and board, Grater, Kitchen scale, Food thermometer, 2 serving plates

Allergens

Egg, Milk, Wheat; check breadcrumb labels for other added allergens. Check labels and substitutions.

Make it

1. Check the cooked rice's original cooling and cooking time; it must have been chilled quickly, ideally within 1 hour, and still be within 24 hours of that cooking. Keep it cold until mixing. Mash drained cooked black beans in the bowl until about half are a rough paste.

2. Mix in cooked cold rice, beaten egg, cheese, breadcrumbs, green onion, cumin, pepper and two-thirds of the salt. Cover and refrigerate for 20 minutes. Stir yogurt, lime juice and remaining salt together in the small bowl and keep refrigerated.

3. Weigh the finished patty mixture and divide into 8 equal portions. Press into compact discs about 2 3/4 inches/7 cm wide and 1/2 inch/1.5 cm thick.

4. Heat half the oil in the nonstick skillet over medium heat. Cook 4 patties for 5–7 minutes per side, turning once, until golden and the thick centers reach 165°F/74°C. Move to a clean plate and repeat with remaining oil and 4 patties. Serve 4 per person promptly with half the cold dip. Discard uneaten finished patties instead of saving them for another rice reheating.

A useful kitchen skill

Mash a binder before shaping, portion by the whole mixture weight and count a cooked-rice ingredient's reheating only once.

A useful detail

The 95-minute total includes mixture chilling and two full frying batches. The estimate uses 200 g cooked rice and 240 g cooked drained unsalted beans; it does not use either dry weight. Egg is included in the rice mixture, and the higher 165°F/74°C endpoint covers the leftover-rice reheating.

Keep it well

Keep the uncooked mixture chilled and cook within the rice's original 24-hour window, or sooner if another ingredient's deadline requires. Once the chilled rice has been fried in these patties, eat immediately and discard uneaten finished patties. Do not cool or freeze them for a second reheating. Keep unused dip refrigerated and follow the yogurt's label.