

BLACK BEAN AND CORN SALAD

**EFFORT: A LITTLE • PRESSURE: HIGH •
TIME UNDER PRESSURE: 12 OR 18 MINUTES
• RELEASE: QUICK • SERVES: 8**



[Black Bean and Corn Salad](#)

*2 cups dried black beans
2 tablespoons olive oil
2 teaspoons cumin seeds
2 teaspoons minced garlic
1 medium fresh jalapeño chile,
stemmed and split lengthwise
2 cups fresh corn kernels (about 2
large ears), or frozen kernels,
thawed
1 large globe or beefsteak tomato,
chopped
Up to 6 medium scallions, thinly
sliced
1 medium yellow bell pepper,
stemmed, cored, and diced
¼ cup fresh lime juice
3 tablespoons olive oil
1 tablespoon sherry vinegar
1 tablespoon honey
1 teaspoon salt*

1 Soak the beans in a large bowl of water on the counter overnight, for at least 12 hours or up to 16 hours. Drain them in a colander set in the sink.

2 Heat the oil in a 6-quart stovetop pressure cooker set over medium heat or in a 6-quart electric pressure cooker turned to the browning function. Add the cumin seeds and garlic; cook for 1 minute, stirring constantly, just until the garlic begins to brown. Pour in the drained beans; add the jalapeño. Add enough cool tap water so that the ingredients are submerged by 2 inches (the seeds will float).

3 Lock the lid onto the cooker.

STOVETOP: Raise the heat to high and bring the pot to high pressure (15 psi). Once this pressure has been reached, reduce the heat as much as possible while maintaining this pressure. Cook for 12 minutes.

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ELECTRIC: Set the machine to cook at high pressure (9–11 psi). Set the machine's timer to cook at high pressure for 18 minutes.

4 Use the quick-release method to bring the pot's pressure back to normal.

5 Unlock and open the cooker. Drain the contents of the cooker into a colander set in the sink. Discard the jalapeño.

6 Transfer the bean mixture to a large bowl; stir in the corn, tomato, scallions, and bell pepper. Whisk the lime juice, olive oil, vinegar, honey, and salt in a small bowl until smooth; pour over the salad and toss well.

TESTERS' NOTES

- This quick side salad is the perfect thing to bring to a potluck or a barbecue. The corn and tomatoes will sweeten the dish considerably, pushing back against all that tart lime juice.
- The jalapeño gives a surprisingly subtle heat; if you'd like more, add some red pepper flakes to the dressing.
- The garlic and cumin seeds are just there to flavor the beans under pressure, so we don't have to worry about catching them in a fine-mesh sieve after cooking. If a few remain, they'll just add a little extra flavor to the salad.