

Chilli Con Carne



Ingredients

Mince recipe

3 garlic cloves
2 onions
Drizzle olive oil
1kg beef/pork mince
1 beef/pork stock cube
2 tbsp oregano
1 tsp salt + pepper
2 tbsp paprika
½ tsp chilli powder
Glug of red wine
2 carrots
200g mushrooms
50g peas

1 can red kidney beans
1 tsp sugar or thumbnail sized piece of
plain chocolate
200g rice
375ml water
Dollop of soured cream
1 tsp parsley
Nachos
Cheddar cheese

Equipment

Chopping board
Sharp chopping knife
Large casserole dish
Large Saucepan
Cheese grater
Large serving dish

Method

1. Preheat the oven to 200°C.
2. Start by preparing all the ingredients for the mince (as it will be easier, later on). Chop the onions, carrots, and mushrooms roughly into small pieces, and leave on one side. Put a large casserole dish over a medium-high heat, crush and finely chop the garlic, then add with the olive oil and chopped onions. Stir with slotted spoon until soft.
3. Meanwhile, in a separate frying pan drizzle olive oil and brown the mince on a high heat, whilst moving with the slotted spoon, to stop it from sticking. Then add to the casserole pot, Alternatively, just add the mince without frying, and cook until it has browned, but it will have less flavour. Turn down heat to medium-low and add the stock cube. Mix for a few minutes longer.

4. Once brown, lower the heat so it is simmering. Add the tinned tomatoes and stir until combined. Then add the oregano, salt, pepper and paprika. Continue mixing. If there is an open bottle of red wine, add a glug, and mix in and allow the alcohol to evaporate off. If the sauce is quite watery then allow to reduce slightly. Add the carrots, mushrooms, and peas. Put the lid on, slightly ajar, and allow to simmer for 30 minutes, stirring after 15 minutes.
5. Place the rice and water in a large saucepan over a medium heat and allow to simmer, then turn down to a low heat and cover for 13 minutes. Allow to rest for 10 minutes before draining and serving.
6. Ensure the mince is simmering in the casserole pot on a medium heat. Mix in the chilli powder, and taste, adding more if desired. Drain off the water from the kidney beans and mix into the mince with the sugar or chocolate. Allow to simmer until the beans have softened slightly. Whilst waiting, roughly chop the parsley.
7. In a medium oven, on a baking tray, sprinkle the nachos with grated cheddar cheese and heat until the cheese has melted. These are delicious served as an accompaniment.
8. Serve the rice and chilli mince with soured cream, and garnish with the chopped parsley.