

Uta's 1910 Texas-style Chili con Carne

My inspiration for this recipe stemmed from Max Miller's YouTube Channel, Tasting History. Max introduced the "first" chili recipe from 1910, published by Gebhardt's, the initial manufacturer of chili powder. What fascinated me about this recipe was its simplicity, the absence of beans, and the use of stew meat rather than ground meats. Since I couldn't source the required amount of high-quality beef lard from the original recipe, I decided to enhance it by adding pork belly, bacon, and a few extra flavor components. Enjoy!



Ingredients

1 lb. pork belly

4 rashers of thick-cut bacon

2 cups chopped onion

3-4 tsp. sea salt

4 lbs. stew beef

4 cups bone broth (or water)

2-3 Tbsp. chopped garlic

6 Tbsp. Gebhardt's Chili Powder, to taste

2 tsp. cumin

2 14-oz cans of chopped tomato with green chili

1 Tbsp. tomato paste

1 chopped jalapeño pepper, or more, to taste

Preparation

- ★ Cut bacon and pork belly into small (1 cm or 1/3") cubes and gently fry in a very large cast-iron pan/pot over medium heat, releasing most of the fat.
- ★ Once the fat has been released, remove pork/bacon. You should have about ½ cup of fat in the pan. If you don't, add enough coconut oil to make ½ cup.
- ★ Add onions to the fat and sauté until soft.
- ★ While onion is cooking, cut meat into very small cubes, 1 cm or app. 1/3". Mix with salt, bacon bits and pork belly.
- ★ Once onion is soft and caramel colored, add the meat to the onion, increase heat and fry until all the meat has browned.
- ★ Add the broth (or water), minced garlic, chili powder, cumin, canned tomatoes and tomato paste, bring to boil and then turn down heat to a gentle simmer. Cover with a lid. You may add the chili to a slow cooker at this point.
- ★ Simmer 1.5-2 hours or longer, until the meat is tender.
- ★ Towards the end, add chopped jalapeño peppers to taste.

- ★ Serve with the traditional toppings: sour cream, cheese, spring onions, cilantro and jalapeño pepper slices, plus a side of corn bread or tortilla chips.