



Linguaspectrum Typescript

Chilli Con Carne

Today I am going to share with you a secret.

It's a secret that has taken me over twenty-five years to perfect.

It's the secret of my chilli con carne recipe.

The name, chilli con carne, is taken from the Spanish.

Literally translated, it means, chilli with meat.

Chilli con carne has a rich history dating back to the early 1600s.

There are many varieties of chilli con carne.

The many recipes can provoke fierce debate among cooks.

The recipe I am going to share with you today is my own.

I refined this recipe by trial-and-error.

Each improvement was guided by the reactions of those who tried it.

I'm sharing this secret recipe with you because this chilli con carne is so good.

I'm sharing it with you on the understanding that you keep it a secret.

Mum's the word!

Okay, here goes...

To make this chilli con carne you need some utensils.

You need a pestle and mortar.

You need a frying pan.

You need a sharp knife.

I use a Chinese cleaver for all my cooking.

It's very sharp, well balanced and can cut, chop and crush anything easily.

You also need a wooden spoon and a source of heat.

The Ingredients

You need an onion.

You need some garlic.

You need some red kidney beans.

You can use dried beans or you can buy them ready cooked.

It depends on how much time you have available.

You need some good-quality minced beef.

About 500g should be enough.

You need some vinegar.

In my recipe I use balsamic vinegar from Modena in Italy.

Lime juice can be used instead of vinegar.

You need some honey.

You need some sea salt and some fresh black pepper.

You need some tomatoes.

Fresh tomatoes or tinned tomatoes will do equally well.

You need a little tomato puree.

You need some oil.

I use olive oil because I live in Spain, but any vegetable oil will do.

You need some cumin.

And, of course, you need some chilli pepper.

Fresh chilli peppers are best if you can find them.

You can also use dried chilli powder, as I do here.

How much chilli you use depends on how hot you want the chilli con carne to be.

Some people like very hot chilli, others like it less spicy.

How to cook the chilli

First peel the onion.

Then chop the onion.

Put some oil in the frying pan and heat it on your hob.

Put the chopped onions in the hot oil.

Gently fry the onion.

While the onion is frying, peel the garlic.

Crush the garlic and then chop the garlic finely.

Fry the onion until it is brown.

Add the chopped garlic to the onion.

Stir to mix the onion and garlic.

Add the minced beef to the pan and mix in the onions and garlic.

Fry the mince until it is browned.

Take a quarter teaspoon of the dried chilli powder.

Add this to the browned mince in the pan.

Take a teaspoon of cumin and grind it in the pestle and mortar.

Add this and some freshly ground black pepper to the ingredients in the pan.

Stir the spices into the meat to bring out their flavour.

Add a dessertspoon of honey to the pan.

Stir to mix.

Cook the mixture gently while you peel and chop the tomatoes.

Add the chopped tomatoes to the pan

Mix together.

Add two teaspoons of the tomato puree to the pan and stir.

Bring the mixture to the boil.

Add the sea salt.

Add about a tablespoon of vinegar.

Stir the contents of the pan and bring it back to the boil.

Add the cooked red kidney beans to the pan and stir.

Let the chilli simmer for about half an hour, stirring occasionally.

When the chilli is cooked it can be served.

I often serve the chilli on a bed of boiled rice.

You can also serve it with flour tortillas or corn chips.

If you follow this recipe, this should be the final result.