



Chili con Carne & cornbread

Ingredients (4 serves)

Cornbread

1	egg
250	buttermilk
50 g	melted butter
1/2 tsp	salt
2 tsp	(level) baking powder
1 tbs	sugar
120 g	fine cornmeal (fine polenta)
150 g	flour

Method

Cornbread

Mix the egg, buttermilk, melted butter and salt in a bowl. Sift the flour and baking powder into the mixture, then add the cornmeal. Combine everything into one smooth chunk. Pour the mixture into a pre-greased cake tin, and bake in a pre-heated oven (200°C convection) for approx. 25 minutes until golden brown.

Chili con Carne

200 g	beef
400 g	strained tomatoes
4	tomatoes
2	onions
2	garlic cloves
2	red peppers
2 tbs	tomato paste
2 cans	kidney beans
1 can	sweet corn
1 tsp	cumin
2	bay leaves
17 dashes	Baergfeuer
80 ml	red wine, dry
2 strips	dark chocolate
3 tbs	olive oil
Salt, pepper and oregano to taste	

Chili con Carne

Dice the beef. Chop the onions and garlic. Pour the olive oil into the pot, and steam the onions until golden brown. Add the garlic. Add the beef, and leave to simmer on a medium heat until the beef is fully browned. Cut and blanch the tomatoes. Dice the peppers and add them to the mixture. Deglaze with beef bouillon. Peel and dice the tomatoes. Add the tomato paste, strained tomatoes, cumin, bay leaves, sugar and red wine. Add the tomatoes, corn and kidney beans. Grate or chop the chocolate, and add to the mixture. Stir everything well, and leave to simmer on a low heat for 50 minutes. Spice up with Baergfeuer chilli sauce (approx. 17 dashes). Season to taste with salt, pepper and oregano.