



(Makes 20 portions)

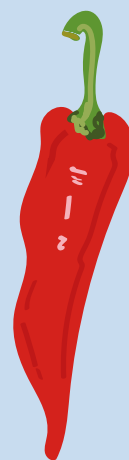
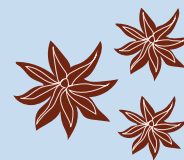
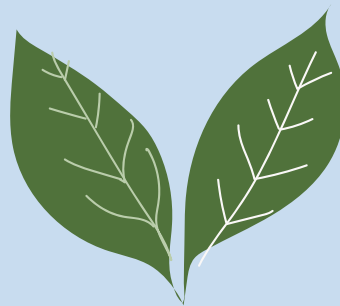
Ingredients

1.5 kg coarsely ground minced or finely diced Beef
2 large Spanish onions, finely chopped
2 sticks Celery, finely chopped
2 whole Star anise
2 Bay leaves
1 tsp dried Oregano
6 fat cloves of Garlic, peeled
120gm red Chillies, deseeded and finely chopped
70gm Tomato puree
300ml bottle light Beer
2 x 400g tin chopped tomatoes
300ml Beef stock
600g cooked drained Black beans
30gm Ground coriander
30gm Ground cumin
Fresh Coriander
15gm salt
30ml vegetable oil, reserving 1 tbsp
1 tbsp Chipotle paste

Method

Heat oil in a heavy based saucepan, fry onions, garlic, celery and star anise for 5 mins add cumin, oregano, bay leaves and cook until onions are soft and start to sweeten. Add the tomato paste and fry for 3 mins. Heat the oven to 180c. Put the minced/diced beef on a baking tray, breaking up the meat and drizzling with 1 tablespoon of vegetable oil, season with sea salt and black pepper place put baking tray in the oven for 20 minutes until the beef is cooked through. Take the beef out of the oven and add to the pan with the onions and tomato paste. Add beer, reduce by 2/3, then add the tinned chopped tomato and beef stock. Simmer gently for 1.5 to 2 hours. After 1 hour add black beans and chipotle paste, season to taste, finish with freshly chopped coriander. Freeze in batches.

CHILLI CON CARNE



EXTRA?

Reheat and serve with Mexican rice, soft tortillas or in enchiladas. It's also great in baked potatoes ...with grated cheddar, sour cream and jalapeños on the side.