



CHILLI CON CARNE

This is a great meal for a casual get together and you can serve it in numerous ways - all equally delicious.

INGREDIENTS

SERVES 4 - 6

500 g lean beef or lamb mince
2 medium onions, chopped
2 cloves of garlic, crushed
1 red pepper, seeded and chopped
2 small red chillies, chopped
5 - 10 ml cayenne pepper or to taste
50 ml paprika
10 ml ground cumin
1 cup (250 ml) chicken or vegetable stock
1 tin (410 g) chopped tomatoes
30 ml tomato paste
15 ml dried oregano
10 ml sugar
Salt & freshly ground pepper
1 tin (410 g) red kidney beans, drained

METHOD

1. Heat an AMC 24 cm Gourmet Dome Fry Pan over a medium temperature until the Visiotherm® reaches the first red area. Add mince and brown while breaking it apart with a wooden spoon. Once brown, spoon out and set aside.
2. Add onions and sauté for a few minutes. Add garlic and red pepper and sauté until almost tender. Add chillies and spices and sauté further.
3. Return mince to cookware with stock, tomatoes, paste, oregano and sugar. Mix well, cover and allow Visiotherm® to reach the first red area again. Reduce heat to the lowest setting.
4. Gently simmer mixture for 20 minutes. Visiotherm® should stay between the 12 - 2 o'clock position, in the optimal cooking area.
5. Season to taste and add beans. Cover with the lid and simmer for another 10 minutes.
6. Serve on rice, mash or baked potatoes. Alternatively spoon the mixture into warm wraps with lettuce, chopped tomatoes and avocado. Drizzle with sour cream or plain yoghurt and fold.

VARIATIONS:

- For a vegetarian option, substitute mince with aubergine cubes and mushrooms. Simmer for a short period until aubergines are just cooked.
- Spoon mixture onto a bed of nachos and sprinkle with grated Cheddar cheese. Serve immediately or place under a preheated grill to melt cheese.