



toughened non-stick

Mexican Chocolate Chilli

24cm Deep Frying Pan



Mexican Chocolate Chilli

Serves 4-6

In Mexico traditional recipes have, for centuries, been enhanced by the addition of a little dark chocolate. The result is a dish full in flavour and texture but without the sweetness you might expect. In this chilli beef recipe only 50g of chocolate is used, but during cooking it will thicken the juices to produce a sauce which is rich and dark.

Ingredients

2 tablespoons of vegetable oil
1 red onion, chopped finely
1 red capsicum, de-seeded and chopped into small squares
1 garlic clove, crushed
1 fresh mild chilli, de-seeded and chopped finely
500g lean steak mince
2 teaspoons of chilli powder
1 teaspoon of ground cumin
1 teaspoon of paprika pepper
2 bay leaves
400g can of chopped tomatoes, with their juice
200g can of red kidney beans, drained and rinsed
50g of plain dark chocolate, broken into pieces
Little salt

Method

1. Heat the oil in the pan over a medium setting. Add the onion, red capsicum, garlic and chilli. Fry for a few minutes, stirring, until all are beginning to colour. Using a Le Creuset slotted spoon transfer these ingredients to a plate.
2. Add the steak mince to the pan and fry briskly until it is evenly browned. Drain off any excess fat that it may produce.
3. Stir in the chilli powder, cumin and paprika and fry until these are absorbed into the beef.
4. Return the onions and peppers, together with all the remaining ingredients and 125 ml (½ cup) water. Season with a little salt.
5. Cover with the lid and simmer for 30 – 40 minutes, stirring occasionally.

Serve with plain boiled rice, tortillas and salad.



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