

## CHILLI CON CARNE

Ingredients	Equipment
<ul style="list-style-type: none"><li>• 200ml (10 tablespoons) oil</li><li>• 10 onions</li><li>• 20 cloves garlic</li><li>• 10 tablespoons ground coriander</li><li>• 10 tablespoons ground cumin</li><li>• 6kg lean beef mince</li><li>• 4kg canned crushed tomatoes</li><li>• 400g (20 tablespoons) tomato paste</li><li>• 3kg canned red kidney beans</li><li>• 20 tablespoons jalapeno chillis, drained and chopped (optional)</li><li>• salt and freshly ground black pepper</li><li>• 2½ kg sour light cream</li><li>• 20 green shallots, thinly sliced diagonally</li><li>• 20 tablespoons chopped fresh coriander</li></ul>	<ul style="list-style-type: none"><li>• Knives</li><li>• Chopping boards</li><li>• Saucepan</li><li>• Wooden spoon</li><li>• Serving bowls and plates</li></ul>

### Recipe for Chilli con Carne

#### Ingredients

200ml (10 tablespoons) oil  
10 onions  
20 cloves garlic  
10 tablespoons ground coriander  
10 tablespoons ground cumin  
6kg lean beef mince  
4kg canned crushed tomatoes  
400g (20 tablespoons) tomato paste  
3kg canned red kidney beans  
20 tablespoons jalapeno chillis, drained and chopped (optional)  
salt and freshly ground black pepper  
2½ kg sour light cream  
20 green shallots, thinly sliced diagonally  
20 tablespoons chopped fresh coriander

#### Method

1. Chop the onion and crush the garlic
2. Heat the oil and stir-fry the onion and garlic until soft, then add the ground coriander and cumin
3. Add the mince and cook, stirring with a wooden spoon to break up lumps, until it changes colour.
4. Stir in the tomatoes, kidney beans and tomato paste. Reduce heat and simmer until the mixture thickens, stirring occasionally.
5. Season with salt and pepper
6. Meanwhile, combine the sour cream, shallots and coriander.
7. Serve with a dollop of sour cream mix.