



Cruachan chilli con carne

Serves 6-8

Preparation time less than 30 mins

Cooking time 1 to 2 hours

Ingredients

2 tbsp olive oil
 2 onions, chopped
 2 garlic cloves, crushed
 1kg/2¼lb lean minced beef
 2 glasses red wine
 2x400g cans chopped tomatoes
 3 tbsp tomato purée
 2 red chillies, thinly sliced, or
 3-4 tsp dried chilli flakes
 1 tsp ground cumin
 1 tsp ground coriander
 1 stick cinnamon
 good shake of Worcestershire sauce
 1 beef stock cube
 salt and freshly ground black pepper
 2x400g can red kidney beans, drained
 1 large bunch coriander leaves, roughly chopped
 wedges of lime, to serve.

Method

Heat the oil in a large, heavy-based saucepan and fry the onion and garlic until softened. Increase the heat and add the mince, cooking quickly until

browned and breaking down any chunks of meat with a wooden spoon. Pour in the red wine and boil for 2-3 minutes. While waiting, pour a glass for yourself.



Stir in the tinned tomatoes, tomato purée, fresh chilli or chilli flakes, cumin, ground coriander, cinnamon, and Worcestershire sauce and crumble in the stock cube. Season well with salt and pepper. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is

rich and thickened. Add the kidney beans and fresh coriander. Cook for a further 10 minutes, uncovered, before removing from the heat, adding any extra seasoning if necessary. This is ideal served with the lime wedges and also rice, crusty bread or jacket potatoes, guacamole, sour cream and a big green salad.

Chilli is much tastier a day or two after it's cooked as the flavours develop and the texture becomes richer. Simply leave to cool, stick in the fridge and gently heat before serving. If you're eating the chilli on the day you prepared it, any leftovers can be frozen in individual portions in well-sealed sandwich bags, then reheated by boiling from frozen in a saucepan of water for about 15-20 minutes until steaming hot.



Red Cliffs Cabernet Sauvignon 2001
 From Coonawara, South East Australia, the full-bodied but mid-weight red wine holds ripe Cabernet aromas and carries a deliciously rounded flavour with a hint of oak.
 Great with red meats and spicy stews.