

Brunskill Beef

Traditional Hereford Cattle



The Ultimate Beef Chilli

Serves 6

Preparation time: Approximately 10 minutes

Cooking time: 1 hour 25 minutes

Ingredients

675g / 1½lb Brunskill Beef mince

15ml / 1tbsp oil

2 onions, peeled and finely chopped

2 large garlic cloves, peeled and crushed

150ml / ¼pint good red wine

2 x 400g cans of chopped tomatoes

30-45ml / 2-3tbsp tomato purée

10ml / 2tsp dried chilli flakes

15-30ml / 1-2tbsp sweet chilli sauce

10ml / 2tsp ground cumin

10ml / 2tsp ground coriander

5ml / 1tsp ground ginger

1 fresh bay leaf

30ml / 2tbsp good quality cocoa powder

1 beef stock cube

Salt and freshly milled black pepper

2 x 400g cans red kidney beans, drained

Handful freshly chopped coriander

Method

1. Heat the oil in a large non-stick frying pan and cook the onions and garlic for 1-2 minutes.
2. Add the mince and cook for 8-10 minutes until brown, breaking down any meaty chunks with the back of a wooden spoon. Add the red wine and cook for 2-3 minutes.
3. Stir in the tomatoes, tomato purée, chilli flakes, sweet chilli sauce, spices, bay leaf and cocoa powder. Add the crumbled stock cube and season.
4. Bring to the boil, reduce the heat and simmer for 1 hour.
5. Add the red kidney beans and continue to cook for a further 10 minutes, add the chopped coriander and serve.