

Summer Chili Barbacoa

serves 6-8

Classic *chili con carne* calls for cuts of beef usually reserved for long-stewing recipes. Summer Chili is a barbecued quick version using choice grilling steaks.

INGREDIENTS:

1.5 kg striploin or tenderloin/fillet beef, cut into grilling steaks

4 Tbsp. vegetable oil

2 medium brown onions, diced

4 cloves garlic, sliced

1 x 400gm can chopped tomato

1 green capsicum, diced

2 fresh whole Jalapeno or Serrano chiles, slit 3-4 times

2 tsp. salt

5 Tbsp. (50gm) chili powder*

900ml water

4 Tbsp. wheat or rice flour

DIRECTIONS:

Fire up the BBQ (if using charcoal). Warm a large cookpot to medium heat. Add vegetable oil, onions and garlic, cook until onions are softened and glassy; about 10 minutes. Add remaining ingredients (*except* beef and flour). Bring to a low boil then lower heat and simmer 15 minutes. In the last few minutes whisk flour into the mix, briskly to avoid little dumplings. While chili is simmering, grill steaks (dusted with black pepper and salt) to medium-rare. Cut into cubes and add to thickened chili while still hot.

SERVICE:

Remove whole chiles, reserve for the hothead in your group. As always, chili can be served with flour or corn tortillas, over rice or just in a bowl with cornbread or corn chips. Top with a dollop of sour cream, a blast of hot sauce and some sliced spring onions for colour. This chili, in particular, would love some sliced avocado or guacamole.

*chili powder, with this distinct spelling, is a mix of Mexican chiles, cumin,
Mexican oregano, coriander seed and garlic.

Blend your own or find a mix made by a passionate and reputable local merchant.

Chile Mojo

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