

Highland Beef Chilli



Not so much a traditional Scottish Recipe as Tex-Mex, Chilli Beef nevertheless has become a real favourite with many. I've never really had a recipe for this; it's just taken shape over the years and now exists as this simple one pot dish.

In my youth, when bravado meant more to me than my tastebuds, I'd make huge pots of really hot chilli with cheap mince – I was a poor student – and glugs of red wine! I served it up with spicy salsa and tortilla chips to armies of equally poor and galloway mates and we thought we were in culinary heaven. The moral of the story; you can't really go wrong with chilli!

It's a great, really sociable dinner for large numbers; stick it in the middle of the table with bowls of rice, grated cheese, flour tortillas and dips such as salsa, sour cream and guacamole. It makes a perfect meal for friends coming round or feeding squads of hungry kids!

Biased I may be but our Highland Beef makes a perfect chilli. Its rich distinctive taste gives a strong flavour and is the ideal partner for fiery chilli flakes and tomatoes. And because it's naturally leaner than other beefs you don't have that greasy film that sometimes appears in one pot dishes.

It's even better second day – and my oldest mates will testify to that. Our very favourite "after the dancing" food was Nicki's cheap chilli on cheap toast. Gorgeous!

Highland Beef Chilli

Ingredients:

Serves 4

1 pack Highland Beef Steak Mince
2 large Scottish garlic cloves
1 medium local onion
1 – 2 teaspoons chilli flakes (depending on your desired "heat")
1 – 2 teaspoons paprika
1 red pepper
1 tin kidney beans
2 tins chopped tomatoes
1 tablespoon tomato puree
Small bunch of fresh coriander
1 tablespoon rapeseed oil
Salt and Pepper

Method:

1. Heat the rapeseed oil in a large pan and add finely chopped garlic and onions.
2. Fry until the onion looks clear and add chunky chopped red pepper. Cook for about 3 minutes.
3. Add the chilli flakes and paprika and stir through.
4. Add the mince, breaking down with a wooden spoon as you go. Brown the mince thoroughly before adding the tins of chopped tomato.
5. Stir well and bring to a bubbling boil. Add the tin of kidney beans.
6. Reduce the heat, cover the pot with a lid and cook for about 20 – 30 mins.
7. Chop the coriander finely and add to the pot – don't stir at this point – about 5 mins before the end of cooking time.
8. Season to your tastes – it doesn't really need much as the chilli and coriander flavour it well.
9. After 5 mins, stir the coriander into the chilli and remove from heat.
10. Serve with rice, tacos or tortillas and sour cream