

FESTIVE FAMILY FEAST: CHILLI BEEF & FLAT BREAD CRISPS

This is a perfect dish to rustle up for festive get-togethers with friends and family. Put a big dish in the centre of the table and let everyone get stuck in. Tim will be demonstrating this dish at the [Padstow Christmas Festival](#) at 12.45pm on Sunday 4th December - do drop by for some Christmas shopping and inspiration!

BEEF CHILLI

INGREDIENTS

1.5kg Beef Skirt or Chuck Steak
375g Trewithen Dairy Natural Yogurt
300g Onion
10g Garlic
220g Carrots
14g Cinnamon Sticks
2 tsp Cumin Seed
1 1/2 tbsp Smoked Paprika
1 tsp Chipotle Chilli Powder
15g Fresh Oregano
1 tsp Ground Coriander
1 tbsp Salt
5 tbsp Tomato Puree
400g Cooked Red Kidney Beans

Makes enough for 6 to share

METHOD

Finely dice the beef or ask your butcher to do this.

Peel the onions keeping the root attached, and finely dice to approximately 5mm square (you can slice or dice larger for a more rustic approach!)

Peel the garlic and weigh, roughly chop and crush to a paste using a little salt.

Peel the carrots and dice finely, ideally to 5mm squares.

Toast the cumin seeds slightly in a pan, put into a pestle and mortar and crush, or alternatively use a bowl and the end of a heavy rolling pin.

Add the cumin seeds, dry spices and salt to the natural yogurt.

Heat some vegetable or rapeseed oil in a wide and deep pan.

Add the crushed garlic to the pan and fry until golden in colour, stirring constantly, then adding in the onions to sweat down.

Add the beef stirring occasionally to add a little colour.

Add the yogurt and spice mix, tomato puree, oregano (finely chopped), cinnamon sticks and 400ml of water.

Leave to cook slowly for approximately 2 hours on a medium simmer.

This will cause some fat to separate although as this cooks down it will re-emulsify.

Add in the cooked and rinsed kidney beans.

FLATBREAD CRISPS

INGREDIENTS:

150g Strong Bread Flour
10g Fresh Yeast
2 tsp Beef Dripping or Lard
1/2 tsp Fine Sea Salt
75ml Warm Water

METHOD:

Preheat oven to 180°C.

Mix the yeast with the water.

Weigh out the flour and add the salt.

Either using your hand or a blender mix the flour, salt, yeast and water mixture.

Melt the dripping or lard and add this to the mixture.

Knead the dough gently on a floured work surface until smooth and soft (about 6-8 times). Roll out on a lightly floured surface to a thickness of 3mm, cut into shape, place on a baking tray lined with baking parchment and brush with any remaining fat. Bake for 14 minutes.

Serve the beef chilli on a large platter with the flatbreads, dress with cheese, a simple salsa and a herby yogurt.

Enjoy!