

Black bean chilli con carne



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Elevate this family favourite with good quality chuck steak and black beans.

Gaggenau appliances

Combi-steam oven

Preparation time 15 minutes

Cooking time 2 hours

Serves 6

Category Main, meat, Mexican

Ingredients

2 tbsp olive oil + extra if required

2 brown onions, chopped

2 garlic cloves, finely chopped

2 green chillies, deseeded and finely chopped

1 tbsp ground cumin

1 tbsp ground coriander

1 tbsp smoked paprika

500g chuck steak, cut into small 1.5cm to 2cm pieces

2 tbsp plain flour

2 x 400g tins chopped tomatoes

2 x 400g tins black beans, drained and rinsed

1 red capsicum, diced

Spice paste

2 red onions, peeled and roughly chopped

4 garlic cloves, peeled

1 small knob fresh galangal, peeled and chopped

1 small knob fresh ginger, peeled and chopped

5 long red chillies

2 sticks lemongrass, white part only

10 macadamia nuts

1 tbsp turmeric

To serve

4 tbsp sour cream

Preparation

1. Preheat oven to **Hot air 150°C + 30% humidity**.
2. Heat oil in a large heavy based oven proof pot and cook onion, garlic, chilli, cumin and coriander until softened. Remove from pot and set aside.
3. Toss steak in flour to coat then cook in batches in the pot until browned, adding extra oil if required. Return the onion mixture to the pot and stir in the tomatoes. Place in oven on a wire rack on shelf position 1 uncovered to cook for 1½ hours.
4. Remove from oven and check if meat is tender. Stir well, add beans and capsicum. Cook for a further 30 minutes.

To finish

1. Make the salsa. Chop avocado into small dice, quarter the cherry tomatoes and mix with red onion and coriander leaves. Squeeze over lime juice and season with salt and pepper.
2. Remove chilli from oven and serve with salsa and sour cream.