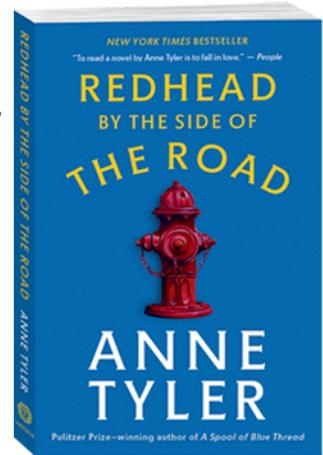




# CHILI AND CORNBREAD

When Brink, a lost teenager, shows up at Micah's door, Micah offers him his best attempt at hospitality: a beer, a bowl of chili (with "one can of kidney beans... rinsed and drained"), and a slice of cornbread. Dicing the onion may be Micah's least favorite part, but once the ingredients are all stirred together and giving off that cumin-y smell, the chopping and stirring is worth it. For the most authentic experience, spoon the chili on top of the cornbread and sprinkle with grated cheddar. Eat your fill, and then put the kettle on for after-dinner tea.



## CLASSIC CHILI INGREDIENTS:

1 tablespoon olive oil	1 ½ teaspoons salt
1 medium yellow onion (diced)	½ teaspoon ground black pepper
1 lb 90% lean ground beef	¼ teaspoon ground cayenne pepper (optional)
2 ½ tablespoons chili powder	1 ½ cups beef broth
2 tablespoons ground cumin	1 15 oz can petite diced tomatoes
2 tablespoons granulated sugar	1 16 oz can red kidney beans, drained and rinsed
2 tablespoons tomato paste	1 8 oz can tomato sauce
1 tablespoon garlic powder	

## CLASSIC CHILI METHOD:

1. Add the olive oil to a large soup pot and place it over medium-high heat for 2 minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and cayenne pepper, if desired. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

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# CHILI AND CORNBREAD

## CORNBREAD INGREDIENTS:

- |   |  |
|---|--|
| <b>½ cup melted unsalted butter</b><br>(or bacon drippings)                 | <b>½ teaspoon baking soda</b>                    |
| <b>1 cup all-purpose flour</b>  | <b>½ teaspoon salt</b>                           |
| <b>1 cup yellow cornmeal (or polenta)</b>                                   | <b>1½ cup buttermilk, shake before measuring</b> |
| <b>1 tablespoon sugar (optional)</b>  | <b>2 large eggs</b>                              |
| <b>2 teaspoons baking powder</b><br>(optional: yields a fluffier cornbread) |  |

## CORNBREAD METHOD:

- 1. Preheat the oven to 200C | 400F and position a rack in the middle. Lightly grease a 9-inch cast-iron skillet or 9-inch square baking dish with butter and place skillet/ dish into the oven to heat up.**
- 2. (Alternatively for cast-iron skillets: heat 1/2 cup of unmelted butter in your cast-iron on stovetop on medium heat until melted, turn heat off then allow the butter to cool slightly before adding to the batter.)**
- 3. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder (if using), baking soda, and salt.**
- 4. Make a well in the center and add the buttermilk and eggs. Mix together well to combine, then add in the slightly cooled melted butter. Mix again until just combined (don't over mix).**
- 5. Carefully remove your hot pan or dish from the oven with oven mitts, and pour the batter into the hot skillet or dish. Listen to that sizzle! That's what you want.**
- 6. Bake until the cornbread begins to brown on top and a toothpick inserted in the center comes out clean (about 20-23 minutes). Allow to cool for about 10 minutes before slicing and serving.**