**Finals Day Chilli Recipe**

Ingredients amount per 5 servings

Make the Chilli the day before you need it. It improves with age, just like me.

A lump/lug of Coconut oil is the best to use or a lug of Sunflower oil

1lb coarse beef mince not too lean

1 yellow pepper

2 sticks of celery

1 can chopped tomatoes

1 can Kidney beans

1 red onion finely chopped

2 Tbsp. Tomato puree

Glass of red wine

Stalks of a bunch of Coriander finely chopped or

Tsp. coriander powder

Tsp. Cumin powder

Tsp. Cayenne pepper

Tsp. Paprika

Tsp. Cinnamon powder

Tsp. Chilli flakes or powder

Beef stock cube

Lime

To serve

Sour cream or natural yoghurt 150ml

Grated cheddar cheese 150 gms

Guacamole one tub or make your own

Fresh chilli finely chopped

Bunch of fresh Coriander leaves picked

Basmati Rice about 2oz dry weight per person

Ingredients for Guacamole

5 cherry tomatoes

Avocado

Chilli deseeded

Crushed garlic clove

Juice from half a lime

Handful of fresh coriander

How to make it it

Brown the meat and set aside

Cook the onions on a medium heat till soft about 5 minutes

Add chopped Peppers, Celery and Coriander stalks, give them a stir

Let them cook gently for 5 minutes

Add the red wine and the tomato puree

Add the chopped tomatoes and Kidney beans (rinse them first) give a good stir

Add the spices and stock cube stirring them in.

Add the browned mince give a good stir bring to a rolling boil reduce heat and simmer for an hour. Watch it doesn’t dry and burn on the bottom, add some water if necessary.

Season as necessary with salt and pepper and add more chilli if you all want it hot, I serve fresh chilli on the side so the chilli is not too hot but Chilli addicts can still get their fix.

Homemade Guacamole

Roughly chop the tomatoes on a chopping board put to one side of the board, finely chop the chilli, and chop up the coriander, crush the garlic clove put all to side of the board cut the Avocado in half take the stone out but keep it. Roughly cut up the Avocado flesh bash it a bit then mix all the ingredients together by had it feels lovely until you have a nice mixed consistently. Put in a serving bowl with the stone on top squeeze in juice of half a Lime and cover with cling film the stone stops the Avocado going brown, remove when serving.

Reheat the chilli before serving bringing it up to bubbling then reduce to a simmer add juice of one lime.

To cook the rice, measures it by volume one part rice to two parts boiling water. Put the rice in a pan add the boiling water bring to the boil reduce to a simmer put the pan lid on and leave to simmer for 25/30 minutes.

Rory