

Pip's Chilli Recipe (It's Michelle Rees' Chilli but better [Sorry mum])

It's got a lot of ingredients but it's a simple recipe really. This is adapted from my Mum's recipe; she cooked like a French chef and was very afraid of spice so I've been adjusting it for years and getting it more savoury with stocks/extracts and balancing the spices instead of dumping in just chilli powder like she used to 😂.

You'll want a big big casserole dish, preferably cast iron if you have it. Grab a deep cup too to mix the powder/sauce ingredients. As long as you prep/chop everything beforehand you should be ok.

Build up main / deep flavours

- Pack of mince
- Garlic
- Olive oil
- Butter

Heat up oil and butter in bottom of deep casserole dish

- Add garlic and cook until starting to turn golden

Get it ripping hot then add either (or both):

- Mince (optional), add in firm "pucks" and let it cook until they brown on the bottom, then break the pucks up back into ground mince. I'd go just dump the mince in it won't get brown properly and you'll have grey food
- Mushrooms (optional, makes it taste meatier), nuke them until brown though don't let them stay soggy or they'll be extra soggy in a chilli

Build up sauce / front flavours

In a cup, add a teaspoon or two of these to make a paste. Adjust based on how you like it, I literally add all of these:

- Soy sauce
- Cayenne pepper
- Paprika

- Arbol chilli flakes
- Chill powder (mild or hot, up to you)
- Pepper
- Salt
- Tomato paste
- Red vinegar / balsamic vinegar
- Worcestershire sauce
- Bovril / Marmite / stock cube
- Brown sugar
- Red/white Miso paste

Stir it all together in the cup into a thick paste, and then add a little boiling water to loosen it up. Add this to the casserole dish with the meat/mushrooms/garlic and let it caramelise and reduce down a little bit. You want to see rich deep reds, but not burn it. Stir a LOT to stop it burning or reduce the heat a little bit.

If you want it to be very extra tasty, add in beef/chicken stock / vegetable stock / bone broth now and let that reduce a bit before adding the vegetables

Add vegetables for substance

—

Once you start adding the veg, the water content will cause the whole dish to cool down so don't worry about the heat too much at first, it will cool off as long as you keep an eye out for burning. I usually do 1 tin each of the beans.

You can basically add whatever here, it will all be kind of tasting the same by the end anyway so add beans, legumes, gords, whatever you have in the fridge to bulk it out, it's all going to become just spicy tasty good stuff.

Make sure you wash tinned beans in the sink with cold water and strain with a sieve or colander, beans can be bad for you if they are not cleaned. If adding dried ingredients, make sure to hydrate them properly first.

- 1-2 onions, chopped
- Butter beans
- Kidney beans
- Cannelloni beans
- Chickpeas
- Optional broccoli (we had to use some up 🥲)
- Tinned chopped tomato

Stir all together, then after about 15-20 mins add:

- Sweet Peppers / Salad peppers (I usually use red and orange)

Reduce the heat as the peppers cause the sauce to emulsify a LOT and it will get very thick once the water has cooked off. Peppers get really bad when they burn so watch out for this, I always mess this up and end up with a burnt layer at the bottom of the pot! 🤔

Stir frequently and keep an eye on water content. Remove from heat once it has reduced down, it might take an hour of stirring casually and then just call it a day. It will firm up more as it cools and can be spooned into containers.

Serve with Doritos, rice, quinoa, bread, in wraps or as sandwich filling, on pizza, on hot dogs, whatever you want.

This PDF is created by [Journey](#). Please upgrade to remove watermark.