

# Chilli Con Carne

## Requisition of Equipment

2 blue trays, vegetable knife, safety mat, digital scale (optional), digital timer, brown chopping board, small mixing bowl for peelings, large saucepan, wooden spoon, measuring spoon, colander (optional)



## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
<b>Step 2</b> 10 min	Place safety mat beneath brown chopping board. Peel and chop onion. Place peelings into small mixing bowl. Finely chop garlic (optional). Dice the pepper. RE SET TIMER.
<b>Step 3</b> 5 min	Your teacher will pour your oil into saucepan. Heat oil on a medium heat (number 3). Test oil for correct frying temperature. Gently fry onion, garlic and pepper. RE SET TIMER.
<b>Step 4</b> 10 min	Add mince and fry (on number 3) until brown. Wash hands as you have touched raw meat. Stir with wooden spoon. RE SET TIMER.
<b>Step 5</b> 15 min	Add chopped tomatoes, chilli powder and paprika and bring to a gentle boil (turn up to number 4 and then down to number 3) and simmer for 20 minutes. Stir occasionally. Wash up using hot soapy water as you have been working with raw meat. Pack all equipment away. RE SET TIMER.
<b>Step 6</b> 15 min	Add kidney beans in chilli sauce / baked beans. If you are using kidney beans in brine you must drain off the liquid and rinse thoroughly before adding to saucepan. Simmer gently, stirring occasionally. RE SET TIMER.
<b>Step 7</b> 10 min	Place chilli con carne into container and then into blast chiller. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class.

## Ingredients

450g minced beef  
 1 onion  
 2 cloves garlic (optional)  
 1 pepper  
 1 can chopped tomatoes  
 1 teaspoon chilli powder (school)  
 1 teaspoon paprika (school)  
 2 tablespoons tomato puree (school)  
 2 tablespoons oil (school)  
 1 can red kidney beans / kidney beans in chilli sauce / baked beans

