

OLD MAN'S CHILI

One of my early, early favourites, this one comes from sometime around 2003 - 2005. I MIGHT have my original recipe somewhere in a box. This was actually quite well received the last time I served it to gen pop, although it was noted as being "hot". The last version of the recipe I found, but not the ORIGINAL original version, called for mixing 1/2 package of cooked spaghetti into the chili. I don't remember why... I did not do it this time, partly because I was too lazy and partly because it did not feel right now. That version also called for mixing the shredded cheddar into the chili. I did not do that this time either; I just sprinkled it on top when I served the chili. I REALLY need to make this again soon.

Side Note: At one point, I tried fermenting the kidney beans first, but, at best, I don't think it really added anything. I might revisit that at some point.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
16	oz.	Dried Kidney Beans
3	-----	Medium Onions
1	-----	Large Green Pepper
1	-----	Large Red Pepper
1	-----	Large Yellow Pepper
1	-----	Large Orange Pepper
~ 2.5	lb	Chuck Roast
8	cloves	Garlic
1	16 oz. can	Tomato Sauce
1	6 oz. can	Tomato Paste
4	TBSP	Honey
2	TBSP	White Vinegar
1	oz.	Unsweetened Chocolate
1	TBSP	Tabasco Original
2	cups	Shredded Cheddar Cheese
2	TSP	Cayenne Pepper
2	TSP	Black Pepper
1	TSP	Cummin
3	TBSP	Chili Power
1	lb.	Hormel Black Label Original

Typically I use sweet or Vidalia onions, but if you want a bit more bite, feel free to substitute yellow or even red onions.

In regards to the chuck roast, I really like how it works in this chili. I would not mind experimenting with another cut of meat at some point. Short ribs come to mind...

Tomato sauce... this was written WAY before I started poking around with red sauce.
Hmmm...

Bacon... BACON!!! So many brands and types to choose from these days. My current fav is
Kunzler.

SPECIAL TOOLS

- Crock Pot [i]

PREPARATION

2 NIGHTS BEFORE

- 1) Sort the kidney beans. Remove rocks, debris, weird beans, etc.
- 2) Rinse with cold water [ii]
- 3) Place in glass bowl and cover with water [ii]
- 4) Cover with cheese cloth or loosely with plastic wrap and let sit overnight (at least 12 hours)

NIGHT BEFORE

- 1) Chop up the veggies (except for one onion) and mix in a glass bowl with a wood spoon
- 2) Grate the unsweetened chocolate
- 3) Add the tomato sauce, tomato paste, honey, vinegar, grated chocolate, Tabasco sauce, cayenne pepper, black pepper, cumin, chili pepper to the veggies and mix with a wood spoon
- 4) Cover the veggie mix with cheese cloth and set aside
- 5) Rinse the kidney beans and put in a pot with 6 cups of water [ii]. Cover and bring to a boil
- 6) Reduce heat to simmer and cook to your desired tenderness; for me this was 2 to 2 1/2 hours
- 7) Drain the kidney beans and mix into the veggies with a wood spoon
- 8) Slice the chuck roast into bits; somewhere between a rough cut and grind
- 9) Mix the chuck roast into the veggie mix with a wood spoon
- 10) Cover the bowl with plastic wrap and let sit in the fridge overnight

MORNING OF

- 1) Put the chili in the crock pot. Set the crock pot to LOW for 10 hours

ABOUT 3 HOURS BEFORE

- 1) Preheat oven to 200 deg. F
- 2) Place bacon on a half sheet cooling rack in a half sheet pan and put in oven
- 3) Cook until the bacon reaches your desired level of crispiness. It could be anywhere from 2 to 3 hours
- 4) Let it cool until it can be comfortably handled with bare hands
- 5) Harvest the bacon grease left over and store in a pint ball jar in the fridge [iii]

NOT TOO LONG BEFORE SERVING

- 1) Just before the bacon is done, chop up the third onion
- 2) When the bacon is done, let it cool for a tad then chop it up
- 3) Mix the chopped onion and bacon into the chili with a wood spoon
- 4) Spoon the chili into a bowl and sprinkle with shredded cheddar cheese. Serve with some sort of cracker type thing or a nice hardy bread
- 5) ENJOY!!!

NOTES

- i. I was not really sure whether to not to call this a “Special Tool” or not, but I have no idea how many people have Crock Pots (slow cookers)
- ii. If your tap water is funky, use distilled water
- iii. I am not sure how long this lasts, but I have had some in my fridge for a while and it still looks OK

PICTURES

















