

# BEANS about chili

What's the 'real' kind?  
Let's skip that hot debate



Food Styling/KELLY BRANT  
Arkansas Democrat-Gazette/KAREN E. SEGRAVE  
From traditional Texas-style Bowl of Red to spice-infused Cincinnati style, there's a chili out there for almost every taste, including this vegetarian Black Bean and Ale Chili.



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**Cincinnati Chili**, flavored with traditional chili seasonings plus cloves, cinnamon and allspice, is usually served over spaghetti.

**KELLY BRANT**  
ARKANSAS DEMOCRAT-GAZETTE  
We're not going to debate who made the original chili. We're not going to debate who makes the best chili. And we're certainly not going to open a discussion of whether or not beans have a place in chili.

Chili preference is a personal matter — much like religion or the color of your underwear. And what defines chili is also open to interpretation.

All we're going to say is that there are almost as many different types of chili as there are cooks who make it.

That being said, what follows is a sampling of chili recipes from around the nation, preceded by a glossary to show the distinctions.

■ **Chile** (spelled like the South American country): Any variety of pepper in the Capsicum genus, ranging from mild (bell peppers) to fiery hot (habanero).

■ **Chili**: Short for chile con carne, a stew-like dish traditionally made with dried chile peppers, meat and tomatoes. Modern versions contain chicken, turkey, beans, vegetables only, cream and seafood.

■ **Cincinnati chili**: Part chili and part pasta, this signature Midwestern dish is believed to have been created by Macedonian brothers at their Greek restaurant in Cincinnati. The chili is seasoned with traditional chili ingredients as well as allspice, cinnamon and cloves, then served over a bed of spaghetti. Two-way refers to the chili over spaghetti; when other toppings are added it becomes three-way (with shredded cheese), four-way (with shredded cheese and diced onion or kidney beans) and the ultimate five-way (shredded cheese, diced onion and kidney beans).

■ **Santa Fe chili**: Often made with fresh roasted green New Mexico or Anaheim chile peppers, it can be mild or spicy.

■ **Texas chili**: Also known as a Bowl of Red, this meaty chili never contains beans and is frequently made without tomatoes. The deep red color comes from plenty of ground red chile peppers.

■ **White chili**: Mildly seasoned chili made with chicken or turkey and white beans, it usually does not contain tomatoes.

### A Cowboy's 'Real Chili Got No Beans in It, Ma'am' Chili

- 2 tablespoons vegetable oil
- 1 cup diced yellow onion

- 3 cloves garlic, minced
- 2 pounds beef sirloin, cut into 1/4-inch cubes
- 2 cups chopped, peeled tomatoes
- 1 cup tomato sauce
- 1 (12-ounce) bottle beer
- 1 cup strong brewed coffee
- 2 (6-ounce) cans tomato paste
- 1/2 cup beef broth
- 1/2 cup packed brown sugar
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon dried oregano
- 1 teaspoon salt, or to taste
- 1/2 teaspoon ground black pepper
- 4 fresh jalapeno peppers, seeded and chopped

In a large soup pot or Dutch oven, heat oil over medium-high heat. Add onion and garlic and cook 3 minutes. Add beef and brown on all sides. Add tomatoes, tomato sauce, beer, coffee, tomato paste, beef broth, brown sugar, chili powder, cumin, cocoa, oregano, salt and pepper and mix well. Reduce heat to low and simmer 1 1/2 hours. Stir in jalapenos and simmer 30 minutes more.

Makes about 6 servings.

Recipe from Best of the Best From America Cookbook by Gwen McKee and Barbara Moseley.

### Southwestern Chicken Chili

- 1 tablespoon vegetable oil
- 1 1/2 cups diced onion
- 1 1/2 cups diced tomatillos
- 4 cloves garlic, minced
- 2 cups diced tomatoes
- 2 cups cooked, shredded chicken
- 1 tablespoon ground cumin
- 1 teaspoon ground ancho chile pepper or other mild chile pepper
- 3 cups chicken broth or stock
- 2 (15-ounce) cans navy beans
- 1 tablespoon fresh lime juice
- Salt and ground black pepper
- 1/4 cup chopped cilantro, optional
- Shredded cheese such as Monterey Jack or cheddar
- Sour cream

Heat oil in a large saucepan over medium-high heat. Add onion and cook 3 minutes. Add tomatillos and cook 3 minutes more. Add garlic and tomatoes and cook, stirring occasionally, for 5 minutes. Stir in chicken, cumin, ground chile pepper, chicken broth and navy beans (with

See CHILI on Page 5E

## GADGETS & GIZMOS

Finally, a programmable coffee maker for the technologically challenged. The Speak n' Brew from Primula uses voice-activated technology to set the clock and brew timer and includes audio confirmation of the programmed time. No more waking up to an empty coffee maker because the pot was set for p.m. instead of a.m. When we tested the coffee maker because it really was as simple as pressing a button and answering the prompts. Our only complaint was that



the maker announced it was brewing coffee at the designated time — a rather startling way to wake up.

Other features include LCD display, pause and serve function, on/off indicator light, manual one touch brew start, removable filter basket, water level indicator and two-hour auto shut-off.

\$80: department stores and online

## Garlic Focaccia bread is no-knead lineup hit

About a month ago, I wrote about the rising popularity of no-knead bread recipes. Kneading is one of my favorite parts of baking bread, and when I first read about baking "artisan-style" loaves that didn't require kneading, I was skeptical. How could good bread be produced without this crucial step?

Kneading incorporates air evenly into the dough (allowing the yeast to work better) and helps fully develop the gluten (giving the dough its shape-able, yet smooth, elastic texture). Just the idea of not kneading yeast bread contradicts everything I've learned about baking it. But I gave it a try and baked a loaf of no-knead cheese bread.

That first attempt produced a good loaf, with a nice crisp crust and chewy crumb, but it also left (thus far) permanent stains on my enameled Dutch oven. And the cheese (almost a pound of it) oozing from the loaf competed with the rich, sourdough-like flavor of

the bread. But the biggest drawback of that first knead-free loaf was that it took almost 24 hours from start to finish before I could enjoy the fruits of my kneadless efforts.

A few weeks later, I decided to give no-knead bread another shot. This time a bulb of garlic, rather than skepticism, was my inspiration.

### FRONT BURNER



KELLY BRANT

After scanning through Judith Fertig's *200 Fast & Easy Artisan Breads, No-Knead, One Bowl* I settled on baking focaccia. The book didn't include a recipe for garlic focaccia, but I was able to combine two recipes from the book and then tweak a few things to create one.

This is definitely one I'll be making again. Though not as good as the day it is baked, the baked loaves will keep in a sealable plastic bag for several days, making

See BURNER on Page 5E

## TIDBITS

### TWO-FOR-ONE SPICE

When Columbus set sail, nutmeg was one of the many spices for which he was searching. Native to the Spice Islands (the Moluccas, a group of islands between Sulawesi and New Guinea), the seed, which comes from the fruit of an evergreen tree, was quite popular in much of the world from the 15th century until the 19th century.

Separating the flesh of the fruit from the seed is a lacy membrane that, when dried and ground, is known as mace. While nutmeg and mace have similar flavors, nutmeg is bold, warm and spicy while mace is subtle with notes of cinnamon and pepper.

The seed contains myris-

ticin and in large amounts (considerably more than what is used in cooking) can cause headaches, stomachaches and hallucinations.

— *The Science of Good Food* by David Joachim and Andrew Schloss, and *The Visual Food Lover's Guide*

### WINNING COOKBOOK

The Junior League of Little Rock's most recent cookbook, *Big Taste of Little Rock*, was named

Best Fundraising Cookbook in the United States by Gourmand World Cookbook Awards. The league will officially receive the award at the Paris Cookbook Fair in France on Feb. 11, and will be eligible to win an award for Best Fundraising Cookbook in the World.

