
Online Cookery Class – Smoky Mixed Bean Chilli with Flatbreads

Equipment Required

Sharp Knife	1 small bowl
Chopping board	Scales
Large based saucepan	Tablespoon
Large frying pan	Teaspoon
1 medium bowl	Stirring spatula

Serves 4

Ingredients

1 large onion (2 small)
1 red pepper
3 large garlic cloves
2 tsp chipotle paste
1 tsp ground coriander
1 tsp cumin
1 tsp smoked paprika
1 tin plum tomatoes (400g/14oz)
2 tbsp tomato paste
1 tin black beans (400g/14oz)
1 tin mixed beans (400g/14oz)
2 Limes
150g (5oz) natural yoghurt
1 tbsp olive oil
1 garlic clove (optional)
200g (7oz) Spelt flour (or plain flour)
2 tbsp Olive oil
Salt and Pepper

Recipe – Smoky Mixed Bean Chilli

1 large onion (or 2 small)
1 red pepper
2 large garlic cloves – minced
2 tsp chipotle paste
1 tsp ground coriander
1 tsp cumin
1 tsp smoked paprika
1 tin plum tomatoes (400g/14oz)
2 tbsp tomato paste
1 tin black beans (400g/14oz)
1 tin mixed beans (400g/14oz)
1 Lime
Salt and Pepper

1. Dice the onion and place in a heavy bottomed pan with 2 tbsp oil and a pinch of salt. Cook over a low to medium heat until soft and starting to caramelise (c.10mins).
2. Meanwhile remove the seeds from a red pepper and dice.
3. Add the red pepper, garlic and spices to the pan and cook until fragrant (c.1min).
4. Add the tinned tomatoes, tinned beans (including water from the tin) and tomato paste and bring to a simmer.
5. Simmer for 20-30 mins, stirring occasionally until thickened and flavours have mingled. Take off the heat and add the juice of a lime.

Recipe – Yoghurt Dressing

150g natural yoghurt
1 tbsp olive oil
1 lime (juice only)
1 garlic clove (optional)
Salt and pepper

1. Mix all ingredients together well, taste and adjust seasoning
2. If you would like a little spice to the dressing add a grated garlic clove.

Recipe – Flatbreads

200g Spelt flour (or plain flour)

Good pinch of salt

2 tbsp Olive oil

5-7 tbsp water

1. Combine the flour and salt in a large bowl, make a well in the centre and add the oil and 5 tbsp of water. Use your hands to bring together, the dough should be soft but not sticky and clean the sides of the bowl.
2. Allow the dough to rest for 10mins.
3. Divide into 6 pieces and roll each into a ball. Using a rolling pin roll the dough out as thin as you can on a well-floured surface.
4. Heat a large non-stick frying pan on a medium high heat and cook until bubbles appear on the surface (about 1 min), turn over and cook for a further minute on the other side. Repeat with the other 5 breads.
5. Wrap in a tea towel and keep warm until ready to serve.