



**South West
Yorkshire Partnership**
NHS Foundation Trust

A large circular graphic composed of numerous blue brushstrokes of varying lengths and directions, arranged in a radial pattern around a central white circle.

Easy Meals (Chilli Con Carne)

With **all of us** in mind.

IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from
Your Recovery College Team.



With **all of us** in mind.



What we'll cover

- Kitchen safety and food hygiene
 - Equipment
 - Ingredients
 - How to cook Chilli Con Carne!
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- 



With **all of us** in mind.



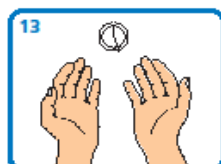
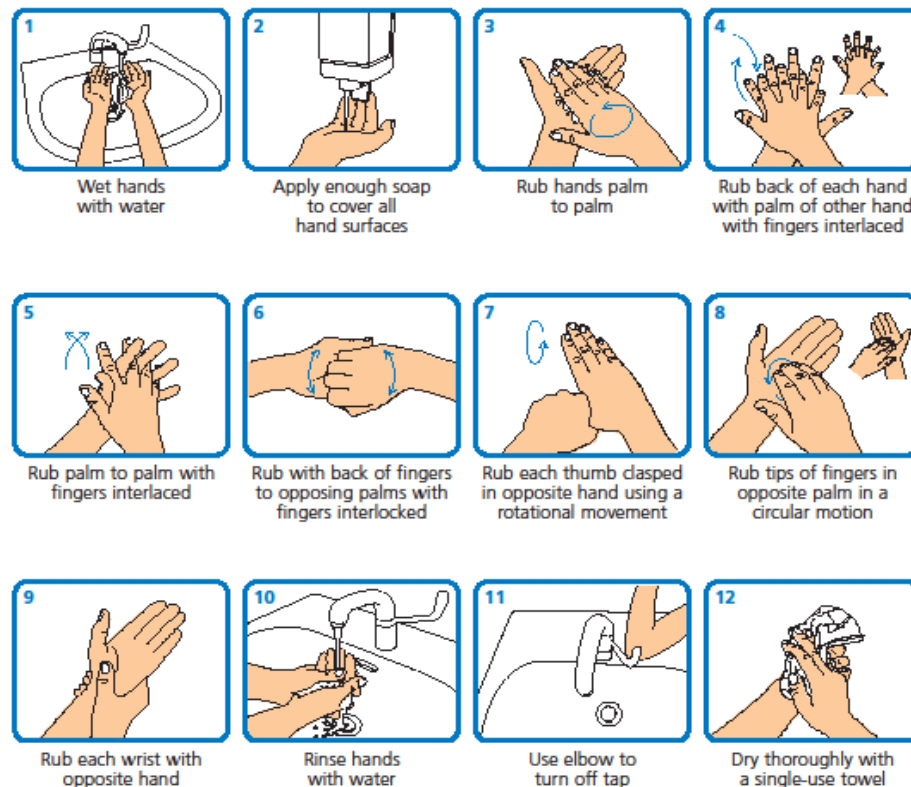
Kitchen safety and food hygiene

With **all of us** in mind.

Hand-washing technique with soap and water



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Hand washing should take
15–30 seconds



The first rule of the kitchen...

Always wash your hands thoroughly before starting to bake or cook.

With **all of us** in mind.

Basic kitchen hygiene & safety tips

Follow these for clean and safe cooking at home...

- Always wash your hands regularly whilst cooking.
- Wear an apron if you have one; do not wear this outside of the kitchen to minimise the chance of bringing germs in.
- Tie long hair back, take off jewellery, roll up any sleeves.
- Keep all work areas clean and tidy; wipe surfaces with anti-bacterial agent. Wipe all spillages up immediately and “clean as you go”.
- When washing up never put sharp instruments into sink to soak – risk of cutting!.
- Check that fridges are running between 0 and 5 degrees centigrade to prevent bacteria growth.



With **all of us** in mind.

Basic kitchen hygiene & safety tips

Follow these for clean and safe baking at home...

- Freezers should operate between -18 and -21 degrees centigrade.
- Temperature sensitive foods shouldn't be left out on the sides they should be held in fridge or hot holding cupboard until used.
- Never let raw meat poultry etc. come into contact with cooked meats; when storing in a fridge, raw meat should always be kept on the bottom shelf, cooked meat on the next shelf up, fruit and veg on next shelf and dairy on the top shelf.
- If cooking a hot meal, the core temperature must be above 75 degrees centigrade before serving (making sure it's cooked through thoroughly) and the hot holding temperature should not fall under 63 degrees centigrade.



With **all of us** in mind.

Equipment

You'll need these pieces of equipment to make chilli con carne at home...

- A chopping board
- A sharp kitchen knife
- A frying pan or wok (I prefer a wok as it gives you more room to stir, but a frying pan is great too)
- A saucepan
- A colander (or sieve)
- A silicon, wooden or plastic utensil spoon
- A tin opener (if your tins aren't ring pull)
- A cheese grater (if you want to top your chilli off with cheese)



Ingredients

You'll need these food products to make chilli con carne at home...

(The quantities below are for batch cooking or to feed a group of 6-8 people.)

- 750g lean beef mince (you can use Quorn or meat-free mince as an alternative)
- Rice
- 2 onions
- 1 pepper (red is best, but we've used green to make it easier to see in the photos)
- 1 tin of chopped tomatoes
- 1 tin of red kidney beans (ideally in chilli sauce, but you can use plain beans)
- Salt and pepper
- Chilli powder
- Cheese (if you wish to top your chilli con carne with cheese)





How to cook chilli con carne!

With **all of us** in mind.

Step 1

Vegetable preparation

- The first thing you need to do when cooking is to prepare all of your vegetables by peeling and/or chopping. This way, you won't end up getting behind in your timings and it makes it much easier to "clean as you go".
- Peel the outer, dried layers of your onions away, chop the top and bottom off your onions and throw these away. Then cut your onions in to small chunks.
- Cut your pepper in half, cut away the stalk and all of the internal pith and seeds and throw these away. Then cut your pepper in to small chunks.



Step 2

Measure out and wash your rice

- As a general rule of thumb, half a standard sized mug of rice should be about right for two portions. If you are cooking for four, a whole mug of rice would be right.
- Once measured out, put your rice in your colander or sieve and then rinse your rice under cold water to wash the starch off.
- Drain your rice and pop it in your saucepan.



Step 3

Fry off your onions

- Pop your chopped onions in to your frying pan/wok (if your pan is not a non-stick pan, you'll need to put a small amount of vegetable oil in the pan to stop the onions from sticking and burning).
- Over a medium heat, fry your onions until they just start turning colour, stirring frequently so that they don't burn.



Step 4

Adding the mince

- Add your mince to the pan.
- If the paper from the packaging sticks to your mince (which it usually does!) then you'll need to carefully peel this away and put this in the rubbish bin.
- **Now wash your hands!** It's extremely important to make sure you wash your hands thoroughly after handling raw meat, before you do *anything* else. Touching anything before you wash your hands will contaminate it and will leave harmful bacteria behind.



Step 5

“Chopping” the mince and adding the pepper

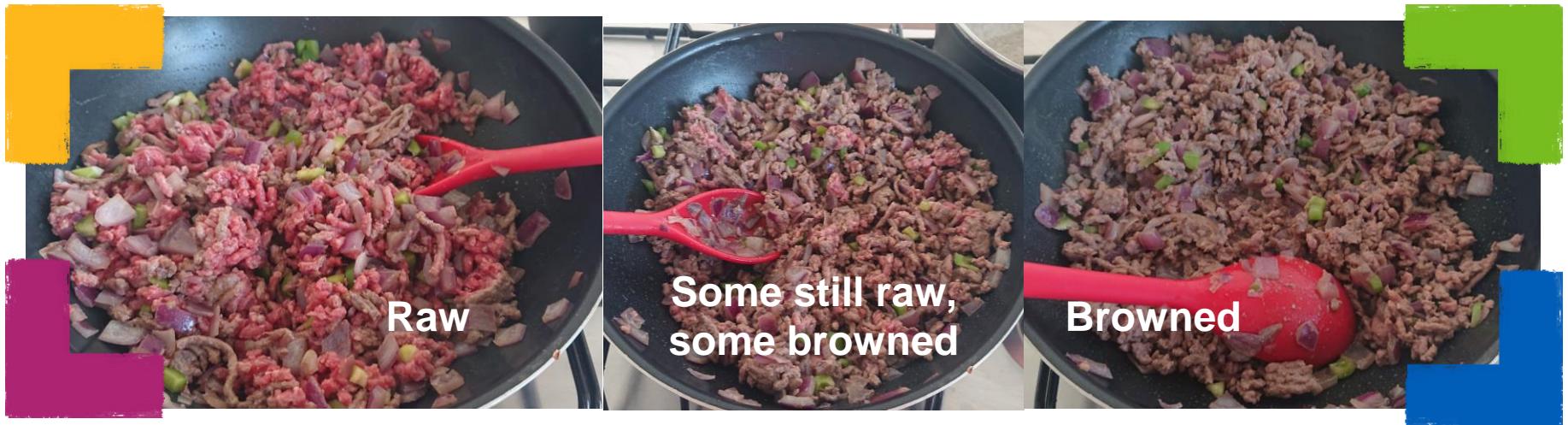
- It's really important to “chop” up the mince in the pan with your spoon so that it doesn't stay in one big lump of meat and will therefore cook correctly.
- Add the chopped pepper and stir in.



Step 6

Stirring and browning – an important step

- Make sure you stir the mix frequently until the mince has “browned” to ensure the meat cooks evenly. See the photos below to see the colour change.
- Being “browned” means that the outside of the meat is cooked but the inside is not cooked through.



Step 7

Adding the tinned food

- Turn the heat down on your hob a little.
- Open your chopped tomatoes and red kidney bean tins.
- Pour the contents of both in to your frying pan/wok.



Step 8

Adding the spices and seasoning

- This bit depends a little on your own flavour preferences and how spicy you like it, but for a medium heat, I've used:
 - ✓ 2 teaspoons (tsp) of hot chilli powder
 - ✓ 1.5 teaspoons (tsp) black pepper
 - ✓ A pinch of salt
- Now give this a really good stir



Added extras!

To bulk out the meal
cheaply and to add more
flavours

- If like my family you like a bit more in your chilli con carne, you can add additional ingredients. These not only make the food go further and feed more people/make extra portions, but we think it gives a nicer flavour. We like to add:



- ✓ Chickpeas
- ✓ Haricot beans or Pinto beans
- ✓ 2 tsb cinnamon
- ✓ 1 tsb paprika
- ✓ 1 tsb smoked paprika
- ✓ 1 tsp cayenne pepper

With **all of us** in mind.

Step 9

Let it simmer

- Turn the heat back to a low/medium heat and let your chilli con carne simmer, stirring it every few minutes so that the bottom doesn't burn or stick to the pan.
- Here's what a simmering pan should look like...



*If this video clip does not start automatically, please click on the image. You will then see **PLAY**, **FAST FORWARD**, **REWIND** and **VOLUME** buttons at the bottom of the image. Please select **PLAY** to watch the video.*

Step 10

Cooking the rice

- Boil the kettle – using pre-boiled water will not only save you on time, but also save money on gas if you have a gas hob.
- Pour enough water in the pan to cover the rice by about an inch (there is another way to measure the water by putting double the amount of water to rice, using your mug you measured the rice with – so, half mug of rice would need a full mug of water for example).
- Simmer your rice over a medium heat for as long as the instructions on your pack tell you (usually 12 minutes). This video shows you what it should look like when simmering, not boiling.



Step 11

Now the rice is cooked...

- Boil the kettle again.
- Drain your rice off in to the colander in the sink (be careful not to scold yourself as the boiling water splashes and as the steam rises) (see video 1).
- Using the water from the kettle, pour this evenly over the rice in the colander to rinse off the rest of the starch (see video 2)



Step 11

Serve up your chilli con carne and enjoy!

You can now enjoy it on it's own, with a bit of cheese grated on top, or perhaps with a few tortilla chips/nachos, with guacamole or soured cream. Yum!



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Have you got any
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



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