

CINCINNATI 5-WAYS CHILI

F EASY

Last Modified: 01/10/2016

PREP: N/A
COOK: 1 Hr 30 Min
STOVETOP

BAR & RESTAURANT COPY

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Ground Round (90 / 10)	Fine Crumble
5	Cups	Drinking Water (NO Chlorine / Fluoride)	
1	6 Oz	Can Tomato Paste (Contadina)	
1/2	Oz	Unsweetened Baking Chocolate (Bakers)	
1/4	Cup	Chili Powder (Mild, Medium Or Hot)	
1	Tsp	Ground Saigon Cinnamon	
1	Tsp	Garlic Powder	
1	Tsp	Ground Cumin	
1/4	Tsp	Ground Allspice	
1/4	Tsp	Ground Cloves	
1/2	Tsp	Granulated Sugar	
1/4	Tsp	Red Pepper Flakes	
2	Tbsp	Apple Cider Vinegar (Bragg Organic)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

SPAGHETTI

1	Pound	Dried Spaghetti Noodles	Al-Dente
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CHEESE

2	Pounds	Medium Cheddar Cheese (Kraft)	Shredded
OR			
2	Pounds	Sharp Cheddar Cheese (Kraft)	Shredded

ONIONS

1	Cup	Yellow Onions	Diced
OR			
1	Cup	White Onions	Diced

BEANS

2	16 Oz	Cans Bush's Dark Red Kidney Beans	
OR			
2	15 1/2 Oz	Cans Brooks Mild Red Chili Beans	

CINCINNATI 5-WAYS CHILI

PREPARATION	
FACTOID	Cincinnati Chili is dark, meaty and delicious, but NOT your average Chili. Originating in the Skyline Restaurant and served throughout Ohio on Baked Potatoes, Chili Dogs, Chili Cheese Fries and as a standalone dish five different ways: 2-Way) Chili served over Spaghetti Noodles, 3-Way) Cheese and Chili served over Spaghetti Noodles, 4-Way #1) Cheese, Chopped Onions and Chili served over Spaghetti Noodles, 4-Way #2) Cheese, Chili Beans and Chili served over Spaghetti Noodles, 5-Way) Cheese, Chopped Onions, Chili Beans and Chili served over Spaghetti Noodles.
TOOLS	1) Large Stock Pot & Lid 2) Medium Saucepan & Lid 3) Large Dutch Oven
1	SAUCE: In a large Dutch Oven over medium high heat, add in the Water and whisk in the Tomato Paste, and Chocolate. Whisk continuously for 3 minutes, breaking up the Tomato Paste.
FACTOID	Tomato Paste has a naturally bitter flavor. The longer it cooks for, the less bitter it tastes. If you are in a hurry, throw in a little Brown Sugar to reduce the bitterness.
2	SAUCE: Whisk in the Vinegar, Red Pepper Flakes, Chili Powder, Cinnamon, Garlic Powder, Cumin, Allspice, Cloves and Sugar. Cook for 5 minutes.
3	CHILI: Turn the heat up to high, crumble the raw Ground Round into the boiling Sauce with your fingers and use a potato masher to break the Meat up into very fine pieces. Lower the heat to medium low and low boil the Chili uncovered, stirring often until the Chili has thickened up nicely, about 1 1/2 hours. Season to taste with Salt and Pepper before it thickens too much.
4	BEANS: In a medium saucepan over medium heat add in the chosen Beans and bring them to a boil, turn off the heat and cover to keep hot until needed.
5	SPAGHETTI: Meanwhile, in a large stock pot, cook the Spaghetti Noodles according to package directions until the Noodles are Al-Dente.
SERVE	On a warm dinner plate, add a layer of Spaghetti Noodles, then a layer of hot Chili, then a layer of hot Beans, then a layer of raw Onions and top the whole thing with a huge pile of Cheese. Serve while hot.