



REAL TEXAS RECIPES

Real Texas Chili

Ingredients

- 3 tablespoons Olive Oil
- 3 pounds Hamburger, Chili Style or Course Hamburger
- 12 dried Chili Pods (Temperature your choice, mild, medium, or hot)
- 1 tablespoon Oregano
- 1 tablespoon Kosher Salt
- 1 tablespoon whole Cumin Seed, crushed
- 1 tablespoon Cayenne Pepper
- 1 tablespoon Tabasco Sauce
- 4 Garlic Cloves, minced
- 2 tablespoons Masa Harina, or Cornmeal

[Real Texas Honey Cornbread](#)

Texans are very particular with their chili. This does not contain any beans and tomatoes but it is so delicious.



Start off with a dried red chili pepper. You can get this in any mild temperature: mild, medium or hot. Texans like it hot so these are the hot chili peppers.



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Place chili pods in water and boil for 30 minutes.



Remove the top and cut the chili pepper. Carefully remove the seeds.

Strain any seeds from the chili water and set the water aside.

This will be used later.



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Cut into strips and cut into smaller pieces.



Take whole cumin seeds and crush them in a mortar and pestle.



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This is what it looks like when you crush them.



Heat olive oil in a dutch oven.
Add hamburger or chili meat.



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Brown the hamburger. Drain to remove some of the liquids from the meat and continue to brown.



Add most of the chopped chili peppers, keeping a few aside. Stir the meat mixture.



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Take the liquid from the chili peppers that was set aside. Add just enough to cover the meat. Keep the remaining liquid, in case more is needed. Bring mixture to a boil and simmer for 30 minutes.



Add the spices: fresh minced garlic, extra reserved chili peppers (if needed), crushed cumin seeds, oregano, kosher salt and Tabasco and Cayenne pepper.

You can taste after 15 minutes to see if more Tabasco is needed, depending on how hot you want the flavor.



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You want your liquid to be a little bit above the meat. Add some of the reserved liquid if needed.



Simmer for another 30 minutes.



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To thicken add the Masa Harina. The amount depends on how much liquid is in the Chili. You can add more if the Chili is too thin.



I'm serving the Real Texas Chili with [**Real Texas Honey Cornbread**](#).