

## MICROWAVE SIMMERING

### CAJUN SMOKY-LIME CHILI BEANS WITH CHOCOLATE

Here's an example of how canned beans can be made into something quite amazing. Yes, it's chocolate again, but I want you to see how simple it is to create a fantastic flavour with amazing ingredients, rather than spending hours in the kitchen or a fortune in a deli. The mixture of onion, green capsicum and celery, known as the Hoy Trinity, is the life blood of Cajun and Creole cookery and by varying the proportions one to the other you develop your personal starter for ten, perhaps more, other dishes

Smoked paprika is fairly new on the market and the important thing you need to know about it is how to tame its aggressiveness with acidity, in this case with lime and lime oil.

#### **How to do it:**

For two to four – use an 8 fl oz /200mls cup measure

1 ½ cups chopped onion

1 cup chopped green capsicum

½ to 1 cup chopped celery, previously destring

1 or 2 cloves garlic, sliced

1 tablespoon tomato paste

500g/1lb (more or less) red kidney beans, cooked

2 teaspoons chili seasoning, mild or hot

1 tablespoon canned red peppers

2 teaspoons smoked sweet paprika

1 teaspoon lime oil – or more

2-4 squares (whatever chocolate we chose)

Cook together on a low heat and in a little oil the onion, green capsicum, garlic and tomato paste until the onion and capsicum are well softened – a good 20 minutes conventionally, 5-8 minutes in a microwave, covered.

Then stir in the beans and the chili seasoning, the smoked paprika and the lime oil. Cook gently for up to 40 minutes, adding a little water if needed and smashing up some of the beans to encourage a bit of a sauce. 10 minutes should see it done in the microwave.

Note use the mixed-spice chili compound and not plain ground chilli. Ten minutes in a microwave is probably enough - but do check the liquid level from time to time.

Stir in the chocolate, square by square, until it tastes just right to you. You might also need some salt, or extra lime oil but add only in small amounts.

An excellent vegetarian dish but also a fabulous palate lifter when served with plainly cooked fish, chicken or pork.