

~Finding Philothea~

Short Rib and Squash Chili

Yield approximately 6-8 bowls

Ingredients

2 tablespoons chili powder
1 tablespoon ground coriander
2 teaspoons ground cumin
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon paprika
2 chipotles in adobo, chopped
1 tablespoon adobo sauce
2 tablespoons tomato paste
1 tablespoon soy sauce
1 teaspoon Worcestershire sauce
1 large can stout beer (about 15 ounces)
1/2 cup coffee, brewed
1 ounce unsweetened chocolate (100% cacao)
1 28-ounce can crushed tomatoes
2 tablespoons vegetable oil
2 pounds boneless short ribs
1 Vidalia onion, diced
3 cloves garlic, minced
2 15.5-ounce can black beans
1 pound butternut squash
1 tablespoon brown sugar
1 bunch cilantro
1 handful cheddar cheese, shredded

Preparation

1. Preheat oven to 350°.
2. Combine the chili powder, ground coriander, ground cumin, dried oregano, dried thyme, and paprika in a bowl. This is called the "spice" bowl.
3. Combine the chipotles, adobo sauce, tomato paste, soy sauce, and Worcestershire sauce in another bowl. This is called the "season" bowl.
4. Combine the beer, coffee, chocolate, and tomatoes into a large bowl. This is called the "heavy" bowl.
5. Season the short ribs with salt and pepper to taste.
6. Heat the oil in a Dutch oven. Sear the ribs on each side. Be patient and wait for a dark brown sear before removing them to a plate.
7. In the Dutch oven, add the onions and cook until just brown.
8. Add the garlic and cook for 30 seconds. Enjoy the smell.
9. Stir in the "spice" bowl and the "season" bowl. Cook for 1 minute.
10. Add the "heavy" bowl, stirring everything together.
11. Add the ribs and cover. Transfer to the oven and cook for 3 hours. The ribs should be tender and falling apart. They should not be able to withstand a stab from a fork. Keep cooking otherwise.
12. Add in the black beans, butternut squash, and brown sugar. Cook for 45 more minutes or until squash is tender.
13. Remove from the ribs from chili and shred using two forks.
14. With Dutch oven uncovered, reduce the chili over medium-high heat for 15 minutes.
15. Add the meat back into the chili, and season with salt to taste.
16. Put as much chili as you can into your bowl, add a bit of cilantro and cheese on top, and enjoy!