

Special Lose-Your-Gut Issue!

TONS OF
USEFUL STUFF

Men's Health

FREE WORKOUT

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SEX & NUTRITION TIPS



MAKE REAL TEXAS-STYLE CHILI

Improve your tailgate chow with an assist from the Lone Star State

STEP 1

Make a chili puree

To achieve deep, robust chili flavor, Texas chili starts with dried chilies. Try two ancho, one pasilla, two guajillo, and two chipotle chilies (available in some supermarkets and from thespicehouse.com; or substitute 4 tablespoons of pure dark chili powder and three canned chipotle chilies, and continue with step 3). Making the puree is a three-part process:

Toast Heat the stemmed chilies in a large dry skillet over medium-low heat, turning them frequently until they're fragrant and lightly charred—about 8 minutes. (A cast-iron skillet works best.)

Soak Place the chilies in a large bowl of just-boiled water and soak them until tender, about 20 minutes.

Puree Combine in a blender with 1 cup of brewed coffee.

STEP 2

Sear the meat

Texas chili is made with chunks of marbled cuts like boneless beef short rib, braised until tender. Cut 2 pounds into 1-inch chunks and brown them all over in a large, heavy pot with 2 to 3 tablespoons of vegetable oil, 4 to 5 minutes. Remove them (and juices) and set aside.

STEP 3

Assemble the chili

Aromatic vegetables like onion and garlic round out the flavor, along with herbs, spices, and beer. In the pot you used for the meat, sauté a large chopped onion and two minced garlic cloves until softened. Return the beef and its juices to the pot and add ½ teaspoon each of ground cumin and dried thyme, and 1 teaspoon of dried oregano. Then add your chili puree and a 12-ounce bottle

of beer—whatever you're drinking. Cover and simmer on low until the meat is very tender, about an hour and 15 minutes.

STEP 4

Thicken the stew

Real Texas chili is thickened with masa harina, a type of corn flour. Find it in the international aisle of your grocery. (No go? Use finely ground cornmeal.) Ladle 2 cups chili into a bowl and stir in 3 teaspoons masa harina or cornmeal. Return the mixture to the pot. Simmer 15 minutes. Adjust the seasoning with salt and pepper.

STEP 5

Serve with toppings

Diced red onion adds crunch, grated Cheddar adds richness, and pan-toasted corn tortillas complete the meal.

MAKE YOUR FOOD TASTE SMOKIER

No need to light up the grill in winter. These ingredients add smoke without fire.

CHIPOTLE HOT SAUCE

This mahogany-hued condiment adds a complex kick of heat to burritos, huevos rancheros, or roast chicken—without the need to open a can of chipotles. Tabasco makes a great version. \$4, countrystore.tabasco.com

SMOKED SEA SALT

For the ultimate steak, sprinkle a pinch of this seasoning on the meat before serving. Its salty/smoky combo ratchets up savory flavors better than regular table salt. Try Maldon Smoked Sea Salt on steamed vegetables, fish, and even chocolate ice cream. \$8, surlatable.com

ROASTED RED PEPPERS

These slow-cooked peppers add a sweet, lightly charred flavor to a mild-tasting sandwich (like turkey and spinach) or salad (mozzarella and basil).

HARD
ABS
MADE
EASY

YOUR
BEST
BODY
EVER!
GET IT NOW!
KEEP IT
FOREVER!

Source: Tim Love, chef/owner of the Lonesome Dove Western Bistro, Fort Worth, Texas

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\$9.99 US DISPLAY UNTIL FEB. 8



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