



Venison and Black Bean Chili with Toasted Cumin Creme Fraiche and White Cheddar Cornbread

READY IN



95 min.

SERVINGS



8

CALORIES



1101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chile powder
- 2 tablespoons double-acting baking powder
- 2.7 cups buttermilk
- 16 ounce canned tomatoes pureed drained chopped canned
- 1 tablespoon pasilla chile powder
- 1 tablespoon chipotle pepper puree
- 2 cups black beans canned rinsed cooked drained

- 1 tablespoon cumin seed
- 1 bottle beer dark
- 2 large eggs lightly beaten
- 2 cups flour all-purpose
- 4 cloves garlic finely chopped
- 2 cups coarsely ground cornmeal white
- 1 tablespoon ground cumin
- 1 tablespoon honey
- 2 tablespoons juice of lime fresh
- 1 cup crema mexicana
- 0.3 cup olive oil
- 1 large onion diced red finely
- 1 teaspoon salt
- 8 servings salt and pepper freshly ground
- 0.5 pound butter unsalted at room temperature (2 sticks)
- 2 pounds venison shoulder cut into 1/2-inch cubes
- 5 cups water low sodium homemade canned
- 0.8 cup cheddar white finely grated

Equipment

- food processor
- bowl
- frying pan
- oven
- pot
- dutch oven

Directions

- Heat oil in a large Dutch oven over high heat. Season the venison with salt and pepper, and saute until browned on all sides.
- Remove the meat to a plate and remove all but 3 tablespoons of the fat from the pan.
- Add the onions to the pan and cook until soft.
- Add the garlic and cook for 2 minutes.
- Add the ancho powder, pasilla powder, and cumin and cook an additional 2 minutes.
- Add the beer and cook until completely reduced. Return the venison to the pot, add the chicken stock, tomatoes, chipotle puree, and honey, and bring to a boil. Reduce the heat to medium, cover the pan, and simmer for 45 minutes.
- Add the beans and continue cooking for 15 minutes.
- Remove from the heat, add the lime juice, and adjust seasonings.
- Serve with a dollop of Toasted Cumin Crema and a square White Cheddar Corn Bread.
- Place the cumin in a small saute pan over medium heat. Toast until lightly golden brown.
- Place in a small bowl. Stir in the crema and season with salt and pepper, to taste.
- Place in a squeeze bottle.
- Preheat oven to 400 degrees F.
- In a food processor, combine the butter, cornmeal, flour, baking powder, eggs, and salt. Process 20 to 30 seconds, until just mixed, fold in the cheese. You may have to do this in 2 batches.
- Pour in the buttermilk, cheese, and honey, and process for 20 seconds more.
- Pour into a buttered 12 by 12-inch pan, and bake for 40 to 45 minutes, until firm to the touch and golden.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:65.16, Glycemic Load:41.87, Inflammation Score:-10, Nutrition Score:48.645652356355%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1101.09kcal (55.05%), Fat: 52.27g (80.41%), Saturated Fat: 22.82g (142.62%), Carbohydrates: 89.55g (29.85%), Net Carbohydrates: 77.64g (28.23%), Sugar: 14.33g (15.92%), Cholesterol: 275.12mg (91.71%), Sodium: 1507.19mg (65.53%), Alcohol: 1.66g (100%), Alcohol %: 0.31% (100%), Protein: 66.13g (132.26%), Zinc: 13.26mg (88.37%), Vitamin B2: 1.48mg (87.03%), Phosphorus: 786.09mg (78.61%), Vitamin B3: 15.43mg (77.17%), Iron: 12.69mg (70.48%), Selenium: 48.6µg (69.43%), Vitamin B12: 4.12µg (68.64%), Vitamin B6: 1.26mg (63.12%), Vitamin A: 2847.64IU (56.95%), Vitamin B1: 0.82mg (54.51%), Manganese: 0.98mg (49.09%), Calcium: 487.73mg (48.77%), Fiber: 11.91g (47.66%), Folate: 184.83µg (46.21%), Copper: 0.84mg (42.07%), Magnesium: 159.36mg (39.84%), Potassium: 1303.33mg (37.24%), Vitamin E: 4.87mg (32.49%), Vitamin B5: 2.47mg (24.74%), Vitamin K: 15.11µg (14.39%), Vitamin D: 1.78µg (11.86%), Vitamin C: 8.39mg (10.18%)