

Bondamanjak chili con carne, zucchini foam, spinach and sweet potatoes curry

Recipe for 4

Description

Guadeloupe's classic recipe!

Ingredients

Chili con carne

- 300 Gr Ground beef
- 40 Gr Smoked bacon
- 150 Gr Red beans
- 4 Unit(s) Tomato
- 1 Unit(s) Onion
- 4 Clove(s) Garlic
- 1 Unit(s) Bondamanjak chili pepper
- 2 Sprig(s) Thyme
- 1 Tsp Ground cloves
- 1 Unit(s) Green onion
- 1 Pinch(es) Sugar
- 1 Tbsp Paprika
- Salt and pepper

Zucchini mousse

- 2 Unit(s) Zucchini
- 1 Unit(s) Sweet potatoes
- 1 Handful(s) Baby spinach
- 2 Clove(s) Garlic
- 1 Unit(s) Onion
- 1 Unit(s) Vegan chili
- 15 Gr Fresh ginger
- 2 Unit(s) Egg
- 100 Ml 35% cooking cream
- 0.50 Unit(s) Nutmeg
- 2 Tbsp Curry powder
- Salt and pepper

Preparation

- Preparation time **30 mins**

Mise-en-place

Cut the bacon into small lardons, rinse under cold water the red beans.

Cut the tomatoes in a nice brunoise, finely chop the onions, spring onions, the garlic, the ginger and the chilli pepper while taking out the seeds.

Peel off the thyme's leaves

Peel the sweet potatoes and the zucchinis and make slices out of them.

Grate the nutmeg.

Chili con carne

Nice and high heat in a stewpot, colour the meat, the garlic and the onion. Add the tomatoes, the sugar, the chili and the paprika. Lower down the heat when you have a golden brown coloration and then add the thyme, the clove and the spring onion.

Zucchini mousse

Cook the zucchinis in a medium-high heat pan, with olive oil. Make sure you have a great coloration.

Afterwise, mix all the ingredients together, in a blender. Pour the mixture into ramequins, while leaving an inch before the top. Off in the oven for 20mins at 380F.

Montage

In a round plate, pour the chili and then the zucchini mousse on top.

Bon appétit!