

Manor Park Chili Champ 2017 – Eliabeth Ainslie!

For this year's MPCC Chili Championship, I used my new favourite kitchen appliance, an electric pressure cooker / multi-cooker. Using the [Instant Pot](#), developed right here in Ottawa, I was able to cook a savoury chili that tasted as if it had been simmering all day on the stove, in under an hour. I adapted a recipe found on the Pressure Cook Recipes web site (<http://bit.ly/2jQmBlg>). The same ingredients could be used to make a delicious chili in a slow cooker or on the stovetop.

Ingredients:

- 1 pound - 1 ½ pound lean ground beef
- 1 medium onion, diced
- 6 garlic cloves, minced
- 2 cans (540 ml each) red kidney beans, drained & rinsed
- 1 large red pepper, diced
- 1 can (796 ml) crushed tomatoes
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- Hot sauce, salt and black pepper to taste

Umami Stock Mixture:

- 1 cup low-sodium beef stock
- 2 tablespoons fish sauce
- 1 tablespoon light soy sauce
- 3 tablespoons tomato paste
- 1 teaspoon unsweetened cocoa powder

Instructions:

Heat up your pressure cooker (Instant Pot: press Sauté button and Adjust once to Sauté More function) over medium high heat. Ensure your pot is as hot as it can be (Instant Pot: wait until indicator says HOT). Season ground beef generously with salt and freshly ground black pepper. Add olive oil to pressure cooker. Add ground beef in pressure cooker. The ground beef will start to release moisture. At the 5-minute mark, remove the ground beef juice and reserve it on a small mixing bowl. Allow the ground beef to brown.

Stir occasionally until it is slightly crisped and browned. Taste and adjust the seasoning with more salt and ground black pepper.

Mix the Umami Stock Mixture: While the ground beef is browning, mix beef stock, fish sauce, light soy sauce, tomato paste, and unsweetened cocoa powder in a measuring cup.

Add diced onions, minced garlic, cumin, chili powder, and oregano to the ground beef. Sauté for about 5 minutes until the spices start to release their fragrance. Stir frequently.

Pour in ½ cup of the Umami Stock Mixture, and fully deglaze the bottom of the pot by scrubbing all the flavourful brown bits with a wooden spoon.

Add in the reserved beef juice and the remaining Umami Stock Mixture. Add drained red kidney beans. Mix well. Add the diced red pepper, then pour in the can of crushed tomatoes with all the juice on top.

Do not mix. Close lid and pressure cook at High Pressure for 10 minutes, then allow the pressure cooker to naturally release pressure, about 20 minutes. Open the lid carefully.

Taste and season the chili with brown sugar and apple cider vinegar, then add hot sauce, salt and black pepper to taste.