

# Five-Way Cincinnati Chili tops plate of pasta

Chili is a favorite from coast to coast. However, each region has its own distinct flavor and blend of ingredients. Cincinnati chili is the latest popular version among chili experts.

Wendy make Cincinnati-style chili different from all the rest? The basic chili dish is actually quite similar. It's made with ground beef, tomatoes and spices including one or all of the following seasonings: cinnamon, cloves, nutmeg, ginger, allspice, cardamom and coriander. Some versions also include unsweetened chocolate and vinegar. The most unique feature of chili, however, is the way it's served over pasta and topped with various combinations of grated cheese, chopped onions or peppers, red kidney beans and oyster crackers.

The basic ingredient of the chili is ground beef. Ground beef is available in the supermarket in varying degrees of leanness from 70 to 90 percent lean. Any of these ground beef categories can be used in chili. However, since the

beef is browned and the drippings are poured off before adding the other ingredients, the less expensive 70 to 75 percent lean ground beef is the best buy.

Cincinnati chili uses a variety of ingredient toppings in the three-way, four-way or five-way versions. Three-way Cincinnati Chili uses vermicelli topped with the chili mixture, chopped onions and grated cheese. And the Five-Way Cincinnati Chili includes everything — vermicelli topped with beans, covered with the chili mixture and finally sprinkled with chopped onion and grated cheese.

## FIVE-WAY CINCINNATI CHILI

1 1/2 lbs. ground beef  
1 medium onion, finely chopped  
2 cloves garlic, minced  
2 Tbsp. chili powder  
1 Tbsp. unsweetened cocoa  
1 tsp. each dry mustard, ground cumin, paprika and salt

1/4 tsp. each ground red and black pepper  
1/4 tsp. each ground allspice, cardamom, cinnamon and cloves  
1 can (28 oz.) Italian plum tomatoes  
1 cup water  
8 oz. vermicelli, cooked  
1 can (15 1/4 oz.) red kidney beans, heated  
1 small onion, finely chopped  
4 oz. cheddar cheese, finely shredded

Cook ground beef with onion and garlic in Dutch oven over medium-high heat until beef loses its pink color. Pour off drippings. Stir in chili powder, cocoa, dry mustard, cumin, paprika, salt, red and black pepper, allspice, cardamom, cinnamon, cloves, tomatoes and water. Bring to a boil; reduce heat and simmer, uncovered, 45 minutes. To assemble chili, layer the following ingredients on 6 individual plates: vermicelli, beans, chili mixture, onion and cheese. Makes 6 servings.



## These salads use different 'greens'

There was a time when I believed that without lettuce or tomato, a salad was nothing. That was a long time ago.

Today, I can turn a couple of cans of green beans and a container of sour cream into a quick salad without giving lettuce or tomato a second thought.

There are other greens of course, that make for excellent salads. I prefer spinach. I give it a good washing in the sink with cold water. I rinse the spinach, cut off the thick stems and put it in a large bowl. When I am out of paper towels, I pat the spinach dry with a cloth towel, remove the bruised leaves

and chill it covered before I create the salad.

**CREAMED GREEN BEAN SALAD**  
2 cans (1 lb.) green beans, drained  
1 egg yolk  
1/4 tsp. each dry mustard and paprika  
1/4 tsp. salt  
1 container (8 oz.) sour cream  
2 Tbsp. lemon juice

Chill green beans. In small bowl, beat with fork yolk, mustard, paprika and salt; gradually beat in sour cream and lemon juice, chill. Yields about 1 cup. Spoon dressing over beans. Serves 6.

## SPINACH-MUSHROOM SALAD

2 lbs. spinach, thoroughly washed  
8 slices of bacon  
4 Tbsp. cider vinegar  
4 tsp. sugar  
1 tsp. salt  
4 Tbsp. water  
1/4 lb. mushrooms, washed and sliced

2 large carrots, shredded  
4 hard-cooked eggs, cut in wedges

Remove rough spinach stems and bruised leaves, dry with paper towel, tear leaves in bite-size pieces, place in large salad bowl, cover and refrigerate. In large skillet, fry bacon until crisp, drain on paper toweling and



pilot light  
**Greg Melikov**

set aside. Leave desired amount of bacon fat in skillet, stir in vinegar, sugar, salt and water and heat through, stirring. Pour dressing over spinach and toss until coated and wilted. Crumble bacon and add with mushrooms and carrots. Toss. Garnish with eggs. Serves 8.

## Holiday leftovers can be taste treat

Everyone loves holiday meals, but holiday leftovers can be a different story. This needn't be the case, however. By using a little time and imagination you can turn leftovers into taste treats.

Always consider proper storage for your leftovers. For example, turkey hams and roasts should be frozen if they won't be used up within 2 days.

Try these ideas to give new life to leftovers:

- Stir a few tablespoons of sour cream into heated gravy or add curry powder to taste to give meat new zest.
- Empty a can of stew into a casserole and spoon on leftover mashed potatoes in a ring. Bake in 375 degrees oven until potatoes are brown and stew is hot.
- Marinate leftover vegetables in Italian dressing and serve cold.
- Make a completely new salad by whisking any remaining gelatin salad in a blender with a little whipping cream or cream cheese. Refrigerate until set.

For more information, contact the Cooperative Extension Service at 858-0904.

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