

CINCINNATI CHILI RECIPE - AUTHENTIC

INTRODUCTION

Cincinnati chili is not traditional chili con carne. Instead, this regional favorite is a Mediterranean-style meat sauce adapted to American palates, often served as a topping for spaghetti or hot dogs. Invented by Greek immigrants Tom and John Kiradjieff around 1922, Cincinnati chili is akin to a traditional Greek meat dish known as *saltsa kima*. The brothers made their remarkably spiced meat sauce enticing to local diners by calling it "chili" and topping it with finely shredded cheddar cheese.

INGREDIENTS

- Six cups water
- 2 pounds extra-lean ground beef
- 1 large onion finely minced (use a food processor)
- 2 six oz. cans of tomato paste
- 1 Tablespoon (Tbl) apple cider vinegar
- 1 Tbl Worcestershire sauce
- 3 whole cloves
- 2 bay leaves
- 1 and 1/2 teaspoon (tsp) garlic powder
- 1 and 1/2 tsp salt (more or less to taste)
- 1 and 1/2 tsp unsweetened baking cocoa
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1/2 tsp allspice
- 1/2 tsp ground coriander
- 1/2 tsp dried oregano
- 1/4 tsp Cayenne pepper (more or less to taste)
- 1/4 tsp ground black pepper
- pinch of paprika

OTHER INGREDIENTS (for serving):

- hot dogs and buns OR cooked thick spaghetti
- diced onions
- cooked whole red kidney beans (warmed)
- finely shredded mild or medium cheddar cheese
- hot sauce
- oyster crackers



MAKE IT!

Add the water and ground meat to a large soup pot and bring to a full boil. Immediately reduce to a slow boil. As the beef starts to cook (after about two minutes), use an immersion blender to break up the ground meat into tiny bits – authentic Cincinnati chili is not chunky at all, and this step ensures the best results.

Reduce heat to medium-low and cook for 30 minutes more.

Do not drain the water. Add tomato paste and onions and stir. Then add everything else. Seriously – everything. It's that easy.

Cook on medium-low for an hour, stirring occasionally. Cover and reduce to a low simmer and cook for four to five additional hours. Taste for salt and heat and adjust as desired. *Add additional water as needed.*

Pro tip: make this recipe the day before. It's amazing how the flavors meld overnight!

SERVING

Top with diced onions, whole red kidney beans, and finely shredded cheddar cheese.

Served on spaghetti:

- Two-way: spaghetti topped with chili
- Three-way: spaghetti, chili, and cheese
- Four-way w/ onion: spaghetti, chili, onions, and cheese
- Four-way w/ bean: spaghetti, chili, beans, and cheese
- Five-way: spaghetti, chili, onions, beans, and cheese

Serve with oyster crackers. If you wish, add some hot sauce right before digging in.



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