

One-Pot Meals

- Tamale Pie
- Couscous & Black-Eye Peas

Tamale Pie

Shopping List:

Produce

1 medium yellow onion
1 red bell pepper
1 poblano pepper
1 cup pitted green olives
1 bunch cilantro
1 bunch scallions
4 medium cloves garlic

Spices

Cumin
Coriander
Oregano
Ancho Chili Powder
(about 1/2 bottle)
Salt
Pepper

Dairy

Unsalted butter
Salted butter
Buttermilk
Sour cream
(For cooking & serving)
Pepper Jack cheese
Monteray Jack cheese
Sharp Cheddar cheese
Eggs

Dry

Sugar
Flour
Yellow cornmeal
Baking powder
Baking soda

Canned

15oz Kidney Bean

15oz Black Bean

28oz Peeled tomatoes

15oz corn kernels

Bottled

Mild olive oil

Soy sauce

Source: SeriousEats.com

Modified By: Michael D'Attilio

Why this recipe works:

- Using your own blended spices instead of a pre-packaged chili powder gives better depth of flavor.
- Ingredients are added in sequence to build up layers of complex flavor.
- Browning the butter for the cornbread crust gives it a rich, nutty aroma.

FOR THE CHILI:

1/4 cup extra-virgin olive oil

1 can corn kernels (*or 1 cup fresh, from 1-2 ears of corn*)

1 medium yellow onion, diced

1 red bell pepper, diced

1 poblano pepper, diced

Kosher salt and freshly ground black pepper

4 medium cloves garlic, thinly sliced

1 tablespoon ground cumin (preferably from whole seeds)

1 teaspoon ground coriander (preferably from whole seeds)

1 teaspoon dried oregano

3 tablespoons ancho chili powder

1 cup pitted green olives, sliced

1 tablespoon soy sauce

1 (28-ounce) can whole peeled tomatoes, drained and coarsely crushed with your hand

1 (15-ounce) can black beans, drained and rinsed

1 (15-ounce) can red kidney beans, drained and rinsed

1 cup grated cheese mix

(*mix about 1/2 c cheddar with 1/4 c monterey jack and 1/4 c pepper jack*)

3 scallions, thinly sliced

1/2 cup fresh cilantro leaves and fine stems, minced

For the Brown Butter Cornbread Crust:

6 tablespoons unsalted butter

1 cup (about 5 ounces) fine yellow cornmeal

1 cup (about 5 ounces) all-purpose flour

4 tablespoons sugar

2 teaspoons baking powder

1/4 teaspoon baking soda

1 tsp salt

2 eggs

6 ounces (about 3/4 cup) sour cream

4 ounces (about 1/4 cup) cultured buttermilk

1/2 cup thinly sliced scallions

Serve With:

Sour cream

Additional cheese mix (see above)

Salted butter (for cornbread)

Instructions:

Adjust oven rack to center position and preheat oven to 425°F.

For the Chili:

Heat oil in a large Dutch oven, or saucepan over high heat until lightly smoking. Add corn and cook, stirring occasionally, until corn is well charred in spots, about 4 minutes. Add onion, bell pepper, and poblano pepper, season with salt and pepper, and cook, stirring, until softened but not browned, about 3 minutes.

Add garlic, cumin, coriander, oregano, and chili powder and cook, stirring, until fragrant, about 30 seconds.

Add olives, soy sauce, tomatoes, black beans, and kidney beans. Bring to a simmer and adjust heat to maintain. Cook, stirring occasionally, until thick and fragrant, about 20 minutes. Stir in grated cheese, scallions, and cilantro and season to taste with salt and pepper. Set aside.

For the Brown Butter Cornbread Crust:

Heat butter in a 12-inch cast iron or stainless steel skillet over medium heat until melted. Continue to cook, swirling pan gently until butter is nutty-smelling and solids are a toasty brown. Transfer to a heatproof cup or bowl and let rest until slightly cooler, about five minutes.

Combine cornmeal, flour, sugar, 1 teaspoon kosher salt, baking powder, and baking soda in a large bowl. Combine eggs, sour cream, and buttermilk in a second bowl and whisk until

homogenous. Whisking constantly, slowly drizzle in reserved browned butter. Whisk wet ingredients into dry ingredients until homogenous. Fold in scallions and jalapeño pepper.

Transfer bean mixture to a large cast iron skillet. Using a large spoon, place small dollops of the cornbread batter mixture on top of the bean filling, then use the back of the spoon to spread it into an even layer. Transfer the skillet to the oven and bake until pale golden brown and a skewer inserted into the cornbread comes out clean, about 20 minutes.

Let cool 15 minutes, then serve with sour cream.

Couscous & Black-Eye Peas

Source: Michael D'Attilio

Ingredients

~4 Tablespoons Sofrito

~3 Tablespoons Olive Oil (*or other mild, tasteful oil*)

1/2 Tbsp Thai Chili Garlic Sauce (*can add more for more flavor. If not using, substitute with cider vinegar.*)

1 Can Black Beans or Blackeye Peas (*black beans taste better, in my opinion*)

2 Cups of Broth (*can use beef, vegetable, chicken, or a mix. I prefer vegetable, Joseph really likes beef.*)

~1.1 Cups Couscous (*SLIGHTLY more than one cup, or couscous will become mush.*)

Directions

Partially open can of beans and set it upside down, allowing it to drain.

Pour oil into a saucepan until it covers entire surface without being mixed around. Put onto low heat and quickly add Sofrito, frying it until it darkens slightly (*note that if heat is too high, Sofrito will splatter. Keep the pot's lid nearby.*) When Sofrito starts to sizzle, add beans and mix, while raising heat to medium. Wait 1 minute and add broth.

Stir in chili garlic sauce and allow broth to boil, stirring occasionally to prevent burning. Once it boils, remove from heat and add couscous. Cover and swirl the pot, so that couscous sinks below beans, etc. Allow pot to sit for 7 minutes. Thoroughly mix & fluff couscous as soon as it is cooked, breaking up chunks before it cools.