

# Drabarlow's Cookbook

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2024-06-30



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# About

One day I will publish a cookbook. Until this time I collect my recipes here.  
Hope you enjoy.



**Part I**

**Mexican**





# Chapter 1

## Refried Beans

My third child is essentially reprocessed refried beans. Also suitable for non-pregnant people.

### 1.1 Ingredients

- 2 x 400 g tins black beans
- 50 g butter
- 1 medium onion
- 2 large cloves garlic
- 2 tbsp chopped coriander stems
- 1 tsp chipotle chilli powder
- 0.5 tbsp thyme
- 0.5 tbsp oregano
- 2 bay leaves

#### To serve

- Tortilla chips
- grated cheese

### 1.2 Method

1. Finely dice onion and smash garlic to a paste with pestle and mortar
2. Heat butter in a large flat saucepan until foaming
3. Fry onions on a low heat for 6-8 mins, until soft
4. Add garlic, mix and fry for 2 mins
5. Add all herbs and spices, mix well and fry for 1 min
6. Add beans and their liquid. Simmer on low heat while mashing periodically with a potato masher

7. Serve when desired consistency is achieved

## Chapter 2

# Guacamole

The secret is mashing the onion in a pastle and mortar...

### 2.1 Ingredients

- 8 ripe avocados
- 1 large red onion (diced)
- 1.5 tsp salt (chunks, use less if fine grained)
- juice of 2 limes
- 2 tbsp finely chopped coriander leaf

### 2.2 Method

1. Mash onion and salt to a paste in a pestle and mortar
2. Put avocado flesh in a bowl and mash with a potato masher. I like to keep it chunky.
3. Add half the onion and half the lime juice. **Taste!**
4. Adjust amount of onion and lime juice to your liking
5. Add coriander
6. Serve at room temperature, best eaten same day



## Chapter 3

# Pulled Pork

This crowd pleaser is great for parties

### 3.1 Ingredients

- large pork shoulder
- large onion (sliced)
- 1-2 oranges (sliced)
- 1 tbsp smoked paprika
- 1 tbsp black pepper (ground)
- 1/2 tbsp salt

### 3.2 Method

1. Remove any string and trim off the pork shoulder. Use kitchen roll to remove any excess liquid
2. Mix smoked paprika, black pepper and salt together. Coat the pork shoulder
3. Arrange sliced onions and oranges to coat bottom of slow cooker. Place pork shoulder on top
4. Cook on low for 8 hours
5. Remove pork shoulder and place in a large dish to rest. Sieve cooking liquid into a saucepan, removing the onion and orange pieces
6. Reduce the liquid by simmering, until it is thicker and with more concentrated flavour
7. Shred the pork with 2 forks (should be easy) and add the reduced cooking liquid
8. Serve!



## Chapter 4

# No Chilli Chilli

A tame chilli that will delight lightweights and chilli-heads alike

This is a traditional beef chilli that does not contain chilli (pepper). What it lacks in heat it more than makes up for with a big punch of spicy flavour. Although it takes a while to cook the recipe is quite forgiving. As long as you get everything mostly right, you'll end up with something delicious. Serve with chilli sauce so any chilli heads can spice it up!

### 4.1 Ingredients

**For the chilli; Serves 4-6 generously**

- vegetable oil
- 4cm cinnamon or cassia bark
- 2 bay leaves
- 3 large onions, finely diced
- bulb garlic
- 2 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 2 tbsp dried oregano
- 2 tbsp tomato puree
- 750g lean beef mince
- 2 tins cherry tomatoes
- beef stock cube
- 25g dark chocolate (darker the better)
- 2 tbsp tomato ketchup
- double espresso
- tin black beans
- tin red kidney beans

- tin haricot beans
- 3 tbsp finely chopped coriander (leaf)

**To serve**

- Basmati or other long grain rice
- Greek yoghurt
- grated parmesan
- chilli sauce\*

**\*optional**

## 4.2 Method

**Total time 90 mins for prep and cooking**

1. Add a decent glug of oil to a wok, so it covers the bottom. Add cinnamon and bay leaves, heat for a couple of mins.
2. Add onions and cook down until brown, stirring regularly. The total cook time for onions will be 30-40 mins.
3. While the onions cook peel garlic cloves and crush to a paste with pestle and mortar. Add to onions as they are cooking.
4. Add paprika, cumin, coriander, oregano and tomato puree to onions. Cook out for 2-3 mins. There should be oil visible in the bottom of the pan. If the mix looks too dry, add a bit more oil.
5. Add beef mince, mix and fry until mostly browned.
6. Transfer mixture to large pan, add tinned tomatoes, stock cube, chocolate, ketchup, and espresso. Bring to boil. At this stage you may need to add additional water to loosen the sauce. Between 0 and half a (empty tinned tomato) can will do it. Simmer the chilli covered for anywhere between 30 to 60 mins, depending on your serving time. You can adjust consistency by adding more water or taking the lid off.

*If you are serving rice, now is a good time to put it on*

7. 20 mins before serving, drain, rinse and add the 3 tins of beans. Taste and adjust flavour with more ketchup, salt or sugar (the espresso can sometimes make it bitter, which needs balancing).
8. Five mins before serving, add the chopped coriander. Et voila!

Serve your chilli with rice, with a dollop of yoghurt, grated parmesan and a sprinkling of chopped coriander on top. And a gallon of chilli sauce, of course :)