

Red Bean Chili with Cornbread and Cabbage-Apple Slaw

SERVES 10

Recipe adapted from A School food Revolution, Alice Waters' forthcoming school food manifesto

This chili is made with small tasty red beans and turkey. If you like, use other meats in place of turkey or make a vegetarian version but cornbread alongside is a must!

Red Bean Chili

Makes 4 quarts

Ingredients

1 carrot, peeled
1 celery stalk
½ onion, peeled
½ fennel bulb
2 garlic cloves
2 tablespoons olive oil
1 bay leaf
½ teaspoon smoked paprika
1 teaspoon ground cumin
1 cup farro (or barley)
3 tablespoons kosher salt
1 pound ground turkey
1 ½ cups tomato purée
3 cups cooked red beans

Directions

1. Finely dice the carrot, celery, onion, and fennel.
2. Peel and mince the garlic cloves.
3. Heat the olive oil in a large pot and add all the diced vegetables, garlic, bay leaf, paprika, cumin, farro and 1½ tablespoons salt.
4. Cook over a medium-low heat for 15 to 20 minutes, stirring often, until all of the vegetables are soft without coloring.
5. Add the ground turkey, tomato purée, and remaining salt to the pot.
6. Stir well to break apart the turkey meat and bring to a simmer.
7. Add 5 cups cold water and bring to a simmer.
8. Stirring occasionally, cook the chili for 1 hour or until the turkey meat is tender and the liquid has thickened slightly.
9. Gently stir in the cooked beans so they don't break apart and simmer for another ten minutes.
10. Add some of the bean broth if the chili needs more liquid.
11. Taste for seasoning and adjust if needed. Serve hot with fresh cornbread.

Variations

- Use red kidney beans, or a mixture of several different types of beans.
- Add chopped kale, or other hearty greens. In the summertime, add fresh corn kernels and diced red bell peppers.
- For a vegetarian version, cook the chili without turkey and double the quantity of beans.

Cornbread

Makes 12 servings

Warm, buttery cornbread is universally loved. It combines deliciously with all kinds of beans and greens, soups, barbecued chicken, and more. It is simple to make. In a busy kitchen, the dried ingredients can be measured ahead in batches, ready to be combined with the remaining ingredients and baked just in time for lunch.

Ingredients

2 1/2 cups cornmeal
2 1/2 cups all-purpose flour
2 1/2 tablespoons baking powder
2 1/2 teaspoons kosher salt
1 cup melted butter
3 eggs
¼ cup honey
2 1/2 cups milk
2 tablespoons butter (optional)

Directions

1. Preheat the oven to 375 °F.
2. Line a 10- by 12-inch half hotel pan with parchment paper.
3. Combine all the dry ingredients in a large bowl and mix well.
4. In a separate bowl, whisk together the oil, eggs, honey, and milk.
5. Gently stir the wet ingredients into the dry ingredients until the batter just comes together.
6. Pour the batter into the pan and use a spatula to spread the mixture evenly into all the corners.
7. Place on the middle rack of the oven and bake for 25 to 35 minutes until cooked through.
8. Rotate the cornbread once or twice during the baking for even coloring.
9. If you like, when the cornbread is still warm from the oven, rub butter over the surface.

Variations

- Use cornmeal made from different varieties of corn such as blue and white.
- Bake the batter in buttered or parchment lined muffin tins for 12 to 15 minutes.
- Add chopped jalapeno chiles, scallions, or fresh corn kernels to the batter.
- For denser cornbread, use only cornmeal and no all-purpose flour.

Apple and Cabbage Slaw

Makes 1½ quarts

Ingredients

1 small head red cabbage
½ small head green cabbage
1 small red onion
2 apples
Kosher salt
2 tablespoons cider vinegar
Fresh-ground black pepper
½ cup mild olive oil

Directions

1. Remove and discard any tough outer leaves of cabbage.
2. Cut the cabbages in quarters and remove the cores.
3. Turn cut side down and slice crosswise into thin ribbons.
4. Peel the onion, cut in half, and slice the halves as thin as possible.
5. Combine the cabbage and onion in a bowl and season with salt.
6. Cut the apples in quarters and remove the cores.
7. Cut the quarters into thin slices and add to the cabbage and onions.
8. Combine the vinegar, salt, and pepper to taste, and whisk to dissolve the salt.
9. Add the olive oil.
10. Taste for acid and salt balance and adjust as necessary.
11. Pour the dressing over the cabbage, onions and apples and mix well.

Variations

- Use just red cabbage or green cabbage, savoy cabbage, or Napa cabbage. Use the cabbages singly or in any combination, with or without the apples.
- Stir in ¼ cup chopped parsley, cilantro or other tender herbs at the end.
- Soak the sliced onion in ice water for 10 to 15 minutes to temper the raw taste, if you like.