

**THE FEARLESS OLIVE**  
BY REEMA ISLAM



# CHILLI AND CHOCOLATES: A MATCH MADE IN HEAVEN

The Mayans drank chocolate with chilli as an elixir, and that is how the delicious cocoa bean is regularly used in their cuisine-- as a non-dessert condiment. The trick lies in pairing chocolate well with other elements so the heavy bodied flavours and the bitterness (this only works well in case of dark chocolate of course) come through, allowing the chocolaty taste to be the ruling flavour.



*"All you need is love. But a little chocolate now and then doesn't hurt"*

- **Charles M Schulz**

As the days get colder, appreciate the full bodied flavours of chocolate is all its savoury glory! Rich in minerals, chocolate is known to help combat heart disease, fight the LDL, the so-called 'bad cholesterol,' and also aid in losing weight. Probably the best of the qualities is its ability to lift our moods by releasing the chemical, phenylethylamine (PEA). This encourages the neurons in our brain to release endorphins, making us feel happier. So chomp away and let those happy thoughts envelop you!

## CHOCOLATE WITH BEANS

An ideal combination that works deliciously with beans and tomatoes as used in some South American cuisines.

### Ingredients

- 1 cup boneless beef, cubed, (you can choose to make a vegetarian one sans the beef)
- 2 red onions, sliced
- ¼ cup grated ginger
- ¼ cup garlic paste
- 2 cups red kidney beans (mixed with black eye beans)
- 2-3 large jalapenos (or 1 large capsicum)

- ½ cup grated dark chocolate
- 1 tbsp apple cider vinegar
- Salt and pepper to taste
- Half cup of chopped mint and coriander
- Pinch of nutmeg and cumin powder (zeera)
- 1 tsp chopped parsley
- 1 cup chopped tomatoes (or 1 cup chopped plums)
- ¼ cup olive oil

### Method

After soaking beans for at least 4-5 hours, boil them with garlic and parsley, salt and some pepper. In a separate pan, cook the chopped onions in olive oil until translucent, then add ginger and beef and cook for about 3-4 minutes. Once the oil starts to separate, add the boiled beans and tomatoes (or plums) and cook for another few minutes, until the oil separates again. Add about 1 cup of water so the beef can boil. Add spices, vinegar and jalapenos just as you feel the beef is done and cook for about 2-3 minute. Before taking it off the fire, add grated chocolate and mix it up.

### Serving

Serve with a sprinkle of the mint and coriander, either with steaming plain rice or a freshly baked brown bread.



**DR. UMME KULSUM**  
Super Chef 2015



**BEOL** | **adani wilmar**

**"TRUSTED BY THE SUPER CHEF"**

## Rupchanda Chinigura Rice assures non-sticky, superfine Pulao

For the first time in Bangladesh, Rupchanda gives you the authentic and orthodox Chinigura rice proven by DNA testing. Use only Rupchanda Chinigura Rice with natural aroma, unadulterated grains and original properties.

- Processed for at least 3 months • Aroma kept intact



Matched with ideal  
Chinigura rice sample



**SHARMIN LUCKY**  
Actress & Media Personality

**The aroma of heritage**