

# Nachos Stack

11 Feb 2015 : Bolander

AVE: 10912,66

Circulation: 30060,00

Dimensions: w:270 h:165

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BOLANDER  
11 Feb 2015, p.8

## Nachos stack

NORMAN MCFARLANE

Way back in 2008, dear daughter Robyn and new son-in-law Adam spent two months with us before heading for Utah to settle. During that time, I cooked my heart out for them since it was the last chance I'd have for some time.

One day, I made my chilli for Adam, and he was impressed beyond measure. So much so, that he supplanted his aunt's recipe, which had endured as the family favourite for some years, with mine.

He also built a nachos stack for us, using my chilli, plus cheese and the usual trimmings, which we enjoyed immensely.

Elsbeth and I spotted genuine corn nachos while wandering around the Lourensford Harvest Market at Lourensford Wine Estate in Somerset West on Sunday, and I resolved to make a nachos stack once again.

### Ingredients and Preparation

½ kg ground beef  
½ kg pork fillet: cut into smallish cubes, and seasoned with salt and pepper  
200g bacon  
250gm red onion: finely chopped  
1 can (400gm) cooked peeled Italian tomatoes  
3 cloves garlic: crushed  
2-3 fresh red chillies: finely chopped including seeds

1 can (400g) beans: drained and rinsed.

1 can (70g) tomato paste  
500ml (2 cups) beef stock  
2 tsp sugar  
2 tbsp red chilli powder  
1 tbsp ground cumin (jeera)  
2 tsp dried oregano  
1 tsp dried thyme  
1 tsp ground coriander seeds  
1 tsp Tabasco sauce  
2 tsp lime juice  
1 tsp black pepper  
1 tsp salt  
Canola oil  
100g cheddar cheese: grated  
250g plain nachos: Plain unflavoured nachos, made from raw stone ground corn.  
250ml sour cream  
1 avocado pear: mashed  
juice of half a lemon  
salt and pepper to taste

**Salsa**  
two tomatoes: chopped  
1 small red onion: chopped  
1 red chilli: chopped  
Olive oil  
White balsamic vinegar  
**Method**

Combine the chilli powder, ground cumin and coriander, oregano, thyme, sugar and Tabasco sauce in a small bowl. Add a tbsp or two of water if need be. Set aside to steep.

Fry the bacon until crisp. Cut into small pieces once it has cooled.

Add the ground beef to the frying pan, season with salt and pepper, and fry until nicely browned.



■ The nachos stack includes a tasty chilli.

Meanwhile, heat some canola oil in a large saucepan, and brown the seasoned, cubed pork fillet in small batches.

Add the red onion, and sauté for about 5 minutes until soft. Add the garlic and chopped chillies and cook for another minute.

Add the chilli paste and cook for a further 2 to 3 minutes, stirring well all the time.

Add the tomatoes, tomato paste, beef stock, lime juice, salt, pepper and finally the bacon, beef and

pork to the saucepan. Bring to the boil, then cover and simmer for an hour, stirring occasionally.

Add the can of beans, and cook uncovered for another 30 minutes or so to thicken the chilli. Adjust the seasoning and turn off the heat.

Combine the tomato, red onion, chilli, olive oil and white balsamic vinegar to make a lovely salsa.

Build the nachos stack. Cover a dinner plate with a layer of nachos. Spread a layer of chilli, followed by a layer of grated cheddar cheese.

Repeat the process until the stack is at the desired height.

Place the nachos stack in the oven at 200 deg C, until the cheese has melted.

Make the guacamole. Mash the avocado pear; add the lemon juice and season with salt and pepper.

Now gather round the nachos stack, salsa, guacamole and sour cream and tuck in.

Preparation Time: 60 minutes

Cooking Time: 2 hours

Yield: 4-6

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