



CHILI

The Spice of Life

Contents

- CRAFTSMANSHIP -	CHILI basics & usage ✓	1
- CRAFTSMANSHIP -	Chili, capers Spaghetti ✓	3
- CRAFTSMANSHIP -	Chili con carne ✓	4
- CRAFTSMANSHIP -	Chili honey marinate ✓	5
- CRAFTSMANSHIP -	Chili meat balls ✓	6
- CRAFTSMANSHIP -	Chili paprika marinate ✓	7
- CRAFTSMANSHIP -	Chili pumpkin soup ✓	8
- CRAFTSMANSHIP -	Chili soya marinate ✓	9
- CRAFTSMANSHIP -	Chili enchilada wraps ✓	10

- CRAFTSMANSHIP - CHILI basics & usage ✓

Courses: Chili

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

To be a truly great chef takes talent & imagination.

It also takes a sense of adventure, an ingredient a chef must have mastered.

- ☐ CHILI CON CARNE
- ☐ CHILI CAPERS SPAGHETTI
- ☐ ENCHILADA CHILI WRAP
- ☐ PUMPKIN CHILI SOUP
- ☐ CHILI MEATBALLS
- ☐ CHILI HONEY MARINATE
- ☐ CHILI SOYA MARINATE
- ☐ CHILI PAPRIKA MARINATE

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Chili [The healthiest foods in the world]

Red, small & hot. This is how we know the chili peppers originating from Central & South America.

Today, chili peppers are used especially to spice up dishes.

However, it is hardly known that chili peppers are also a real health booster.

How and where do chili peppers influence our body?

Chili peppers build up mucous membranes

Because of their pungent properties, many people assume that chili peppers irritate mucous membranes and are bad for the stomach.

Today we know that chili peppers contain mucosa-protecting substances, so that they are even used therapeutically for stomach ulcers, gastritis or stomach bleeding. The best-known mucosal protector is capsaicin, which also gives chili peppers their characteristic spiciness.

Boosting the metabolism with chili peppers

When eating chili, our body releases more catecholamines (e.g. dopamine and adrenaline).

These catecholamines are the reason why when we eat spicy meals, we get warm and eventually start sweating.

This getting warm and sweating is a sign that our metabolism is stimulated and burning more calories. A study with rats has now shown that high capsaicin consumption can reduce body fat by up to 8%.

Chili improves blood sugar and blood fat levels

Diabetics can also rejoice. Increased use of chili improves sensitivity to insulin. Thus, blood glucose and blood lipid levels can be improved by regular chili consumption.

Chili against pain and inflammation

Chili has a double pain-reducing effect: on the one hand, the

capsaicin found in chili stops the trans-mission of pain, and on the other hand, this active ingredient binds to the vanilloid receptor.

This receptor is to blame for the fact that we feel pain. In addition, this receptor is responsible for inflammatory processes. By binding capsaicin to this receptor, it deactivates or desensitizes it.

Due to the high anti-inflammatory capacity of capsaicin, chili should be used for all inflammatory diseases, so not only for obesity or diabetes but also for cancer, arthritis, rheumatism, MS or after hard training or even right before competition.

Chili in daily use

To take advantage of the positive effects of chili, you should swallow 6 small chili peppers a day - preferably always 2 pieces with meals, if possible slightly scratched, so that they can be digested better. If you have pain in joints and in muscles, I additionally recommend externally using body lotions containing capsaicin to get quick relief.

So live a little spicier than before - your body will be happy about it.

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili, capers Spaghetti ✓

Courses: Chili

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

The classic pasta recipe with exciting flavours, such as lemon & chili makes Spicy Capers Spaghetti.

- ☐ 800 g Spaghetti
- ☐ 2 Pinches of Salt
- ☐ 2 Chili pepper (red)
- ☐ 4 Garlic cloves
- ☐ 2 Onions
- ☐ 2 Lemons (grated)) - zested
- ☐ 6 tbsp Capers (from the jar)
- ☐ 10 tbsp Oil
- ☐ 2 pinches of Pepper
- ☐ 2 tsp Basil dried

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Initially, put a large pot of salted water to boil.

Meanwhile, cut open the washed chili pepper and remove the seeds.

Then finely chop them.

Also peel the garlic & onions and then chop them finely.

Now add the pasta to the boiling water & cook according to package directions until al dente.

In a pan, sauté garlic & shallot in oil, add chilies and drained capers and sauté.

Add about 150 ml of the cooking water to the pan with the lemon zest.

Drain the pasta into a sieve.

Season with salt & pepper & dried basil, serve the sauce with the spaghetti mixed well.

Sliced green olives are a nice addition/garnish, too.

MOVIE copy & paste

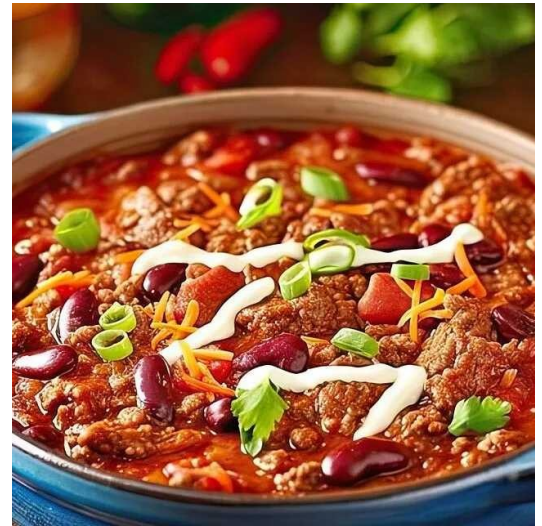
- CRAFTSMANSHIP -

Chili con carne ✓

Courses: Chili

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

The recipe is a hit, because in less than 1 hour the delicious chili con carne is ready on the table. On the second day, when you reheat it, it tastes even better.

- ☐ 750 g Beef minced
- ☐ a little vegetable Oil
- ☐ 400 ml Beef stock
alternatively Chicken stock
- ☐ 2 pieces Onions
- ☐ 3 Garlic cloves
- ☐ 2 tbsp Tomato purée
- ☐ 1 piece of Paprika (yellow or red)
- ☐ 400 g strained Tomatoes
- ☐ 400 g chunky Tomatoes
- ☐ 2 tbsp Paprika powder, sweet
- ☐ 1 tsp Chili powder
- ☐ a little Salt & Pepper, black
- ☐ 400 g Kidney beans
(tinned) & drained
- ☐ 200 g corn (tinned)

Directions

Finely chop the onions & garlic.

Dice the pepper.

Prepare the spices & mix the stock.

Fry the minced meat until it is really crumbly & roasts well.

Deglaze it with a little stock in between, the water is allowed to evaporate again & again.

Now add the tomato paste, paprika powder, onions & garlic & sauté briefly.

Then add the rest of the stock, strained & chopped tomatoes, diced peppers & the remaining spices and simmer on a low heat for about 40 min.

Finally, add the kidney beans and the corn to the chili and simmer for another 10 min.

Finally, season the chili with salt & pepper to taste.

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili honey marinate ✓

Courses: Chili

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Hot and sweet do not have to be opposites - at least not in a barbecue marinade. Thus, the chili marinade with honey is very tasty with meat. Especially beef steaks taste great with the marinade.

And the preparation is simple and does not need many ingredients.

- ☐ 2 red Chili peppers
- ☐ 2 Ginger pieces
(approx. 1 cm)
- ☐ 2 small cloves of Garlic
- ☐ 8 tbsp vegetable Oil
- ☐ 2 tsp Honey
- ☐ Black Pepper - ground
- ☐ A little Salt

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

First you need to process the chili pepper.

Wear protective gloves!

Otherwise it can burn when cutting, especially if you accidentally catch your eye!

Wash the pod & remove the seeds + white inner skin!

Then peel the ginger & chop or grate / mash it very finely!

Peel & finely dice the garlic cloves.

Put the vegetables in a bowl & mix with the vegetable oil.

Add the honey & stir it in. Season with a little salt & ground black pepper.

When the marinade is well mixed, spread it on the meat.

You can brush the steak with a "marinade brush" while doing this.

Then let it sit again for a longer period of time.

The longer the infusion time, the stronger the flavour.

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili meat balls ✓

Courses: Chili

Collections: Asian recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

To be a truly great chef takes talent & imagination.

It also takes a sense of adventure, an ingredient a chef must have mastered.

- ☐ 1 kg Minced meat
(half beef / half pork)
- ☐ 2 Onions
- ☐ 12 tbsp Oatmeal
- ☐ 2 Eggs
- ☐ 4 red Chili peppers
- ☐ Salt
- ☐ Ground white pepper
- ☐ Paprika powder
(hot, noble sweet)
- ☐ Vegetable oil

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

First, finely dice the onion.

Wash the chilies, cut them lengthwise, remove the seeds & cut them thin dices.

Put all ingredients together in a bowl & mix well until the meat dough is nice & smooth.

Now form palm-sized meatballs from the meat dough (the way you like them best).

Heat the oil in the pan & fry meatballs until nicely browned on both sides.

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili paprika marinate ✓

Courses: Chili

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Simple & proven is the chili - paprika marinade.

This seasoning you can use for different types of meat, ideal again pork & beef.

The recipe is very easy to prepare & does not require much time.

Ingredients for 1500 gr of meat are:

- ☐ 6 Chili (small)
- ☐ 6 tbsp Lemon juice
- ☐ 9 tsp Paprika (sweet)
- ☐ 6 Garlic cloves
(peeled & pressed)
- ☐ 12 tsp Oil
- ☐ Salt & Pepper

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Wash the chilies, remove the seeds & then cut the chilies into very fine pieces!

Take a bowl & distribute the chopped chilies with the other ingredients

Place the meat in the marinade & let it soak in.

Then let the marinated meat rest for a few hours

Done!

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili pumpkin soup ✓

Courses: Chili

Collections: Asian recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

To be a truly great chef takes talent & imagination.

It also takes a sense of adventure, an ingredient a chef must have mastered.

- ☐ 1 kg Pumpkin pulp
- ☐ 200 gr floury Potatoes
- ☐ 2 Carrots
- ☐ 2 Onions
- ☐ 2 cloves of Garlic
- ☐ 30 gr Ginger
- ☐ 4 red chili Peppers
- ☐ 3 tsp dried Thyme
- ☐ 4 tbsp Oil
- ☐ 1600 ml vegetable Broth
- ☐ Salt
- ☐ Pepper from the mill
- ☐ Nutmeg, freshly grated
- ☐ Sugar

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Dice the pumpkin flesh.

Peel the potatoes & carrot & also cut into cubes.

Peel & finely chop the onion, garlic & ginger.

Wash the chilies, cut them lengthwise, remove the seeds & cut them into rings.

Set aside a few chili rings for garnish.

Put the oil in a hot pot and sauté the onions, garlic & chili until translucent, then add the diced pumpkin, potatoes, carrot & ginger and sauté briefly .

Pour in the broth.

Add thyme to the soup.

Simmer for about 20 min, - stirring occasionally, until soft.

Finely puree the soup and, depending on the desired consistency, stir in the broth.

Season to taste with salt, pepper, nutmeg & sugar

Fill into soup bowls as desired.

Sprinkle with chili rings & serve

MOVIE copy & paste

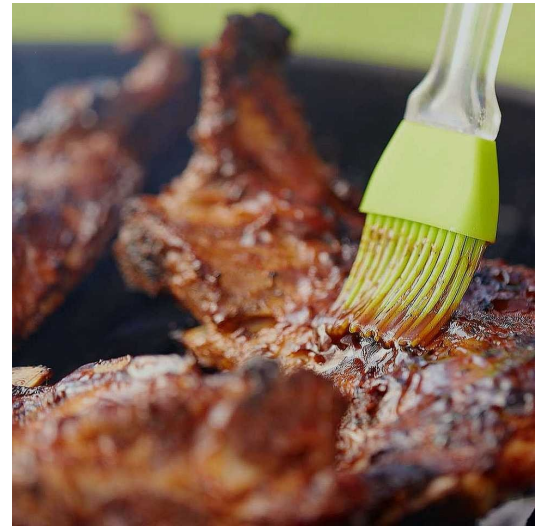
- CRAFTSMANSHIP -

Chili soya marinate ✓

Courses: Chili

Collections: Asian recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Get Asian spiciness on your grill plate - with the soya chili marinade. It's also easy to prepare and doesn't take much time.

For 8 Chicken drumsticks

- ☐ 16 tbsp Soya sauce
- ☐ 2 tbsp Honey
- ☐ 4 cloves of Garlic
- ☐ 4 tsp Tabasco chili sauce
- ☐ 2 tsp black Pepper
- ☐ 4 pinches of Salt
- ☐ 8 Chicken drumsticks

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Chop the garlic clove very finely & distribute in a bowl.

Pour the other ingredients into the bowl & mix with a whisk.

Finally, add a pinches of salt – be careful, because the soya sauce is salty.

Using a marinating brush, coat the meat with the marinade.

Let it rest in the refrigerator for several hours.

After that, the Asian chicken is ready to grill.

MOVIE copy & paste

- CRAFTSMANSHIP -

Chili enchilada wraps ✓

Courses: Chili

Collections: Mexican recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

To be a truly great chef takes talent & imagination. It also takes a sense of adventure, an ingredient a chef must have mastered.

- ☐ 4 red bell Peppers
- ☐ 850 ml Kidney beans
- ☐ 1 kg mixed minced Meat
- ☐ 4 tbsp Oil
- ☐ 850 ml chunky Tomatoes
- ☐ Salt, Pepper ground and dried Thyme
- ☐ 2 pieces Chili pepper (red)
- ☐ 8 Wheat tortillas
- ☐ 400 gr Crème Fraîche
- ☐ 200 gr Gouda, grated

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Clean, wash & dice the bell peppers.

Halve the washed chili pepper & remove the seeds. Then finely chop them.

Drain the beans, rinse & drain.

Fry minced meat in oil until crumbly.

Add peppers & beans, fry for about 6 min.

Stir in tomatoes. Season with salt, ground black pepper and thyme & chopped chili.

Simmer for about 15 min.

Spread crème fraîche on tortillas, spread spicy sauce on it & roll – as pictured .

Place wraps on a moderately baking dish

Sprinkle cheese on top.

Bake in a hot oven at 180° Celsius for appr. 15 min.

MOVIE copy & paste