



AMERICAN (AMISH)

Amish Haystack Supper

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	25 min	25 min	Pan-fry	Ground beef

Ingredients

- 700 g (1½ lb) ground beef
- 1 onion, chopped
- 1 tsp salt
- 1 tbsp chili powder
- 1 tsp ground cumin
- 250 ml (1 cup) tomato sauce
- 300 g (1½ cups) long-grain rice

TOPPINGS

- 1 sleeve saltine crackers, crushed
- ½ head iceberg lettuce, shredded
- 3 tomatoes, diced

TOPPINGS (CONT.)

- 200 g (2 cups) grated cheddar
- 1 can (540 ml / 19 oz) kidney beans, drained and warmed
- Sour cream and salsa
- Crushed corn chips (optional)

CHEESE SAUCE

- 2 tbsp butter
- 2 tbsp all-purpose flour
- 375 ml (1½ cups) milk
- 150 g (1½ cups) grated cheddar

Steps

1. Cook the rice according to the packet.
2. Brown the beef and onion in a large skillet over medium-high heat for 8 to 10 minutes, breaking it up, until no pink remains. Spoon off the fat.
3. Stir in the salt, chili powder, cumin and tomato sauce and simmer 10 minutes, until thick.
4. For the sauce, melt the butter in a saucepan over medium heat, stir in the flour for 1 minute, then whisk in the milk. Cook 3 minutes, until thickened, then stir in the cheese until smooth.
5. Set out every component in bowls.
6. Each person builds a "haystack": crackers first, then rice, beef, beans, lettuce, tomatoes and grated cheese, finished with cheese sauce, sour cream and salsa.

Notes

- **For a crowd:** haystacks are a fundraiser and church-supper favourite because everything can be made ahead and kept warm.
- **Make ahead:** the beef keeps 3 days in the fridge; reheat it until steaming hot, 74°C (165°F).
- **Milder:** halve the chili powder for small children.
- **Shortcut:** use microwave rice pouches in place of cooking the rice.
- **Chef's touch:** stir the cheese into the sauce off the heat, a handful at a time, so it melts smooth instead of turning grainy.
- **Twist:** for a Tex-Mex departure, use pepper jack in the cheese sauce.