

Spaghetti Bolognese

Ingredients

1 small onion
1 celery stick
225g (8oz) lean beef mince
2x 15ml spoon (2tbsp) tomato ketchup
400g canned chopped tomatoes
1x 5ml spoon (1tsp) dried mixed herbs
Black pepper
200g (14oz) dried spaghetti

Equipment

Knife, chopping board, large non-stick frying pan, mixing spoon, weighing scales, can opener, measuring spoons, large saucepan, colander and 4x plates.

Method

1. Prepare the ingredients:
 - peel and finely chop the onion
 - finely chop the celery.
2. Dry-fry the beef mince in a large non-stick frying pan.
3. Stir in the onion and celery and cook for 3-4 minutes, or until soft.
4. Stir in the ketchup, chopped tomatoes, herbs and a few twists of black pepper.
5. Bring the mixture to the boil, reduce the heat and simmer for 20-25 minutes, stirring occasionally.
6. Cook the pasta according to the instructions on the packet.
7. Drain the pasta.
8. Place the pasta on a warm plate and top with Bolognese sauce.

Top Tips:

- This dish can be garnished with basil leaves and grated Parmesan cheese.
- Serve with a crisp green salad or vegetables and garlic bread.
- Try adding some hot pepper sauce or dried chilli flakes to create a spicier dish.
- Part or all of the sauce can be placed into plastic freezer bags or containers and frozen for up to three months.

Did you know?

- When reheating frozen foods it is important to defrost the food items overnight in the refrigerator and reheat in a suitable dish until piping hot.

Nutrition information per 100g/serving: Energy 592/2067kJ, protein 8.4/29.3g, carbohydrate 22.8/79.7g, carbohydrate of which sugars 2.4/8.4g, fat 2.3/8.0g, saturated fat 0.8/2.8g, dietary fibre 1.5/5.3g, salt 0.3/0.9g, iron 0.8/2.6mg

Serves: 4
Cooking time: 50 minutes



Skills

Weigh, measure, peel, knife skills (bridge and claw), handle raw meat, dry-fry, mix, boil/simmer and drain.

The Best Spaghetti Bolognese.

1. Write the translation of the words. Then fill in the gaps to complete the recipe.

peel	chop
simmer	grated
fry	pour
saucepan	boil
add	sauce
stir	slice
drain	lid

Ingredients

500g Fresh Beef Mince.

400g Dried Spaghetti.

4 Rashers of Smoked Streaky Bacon, finely diced.

2 Tins of Plum/Chopped Tomatoes.

6 Fresh Cherry Tomatoes.

2 Medium Onions

2 Sticks of Celery

2 carrots

2 cloves of garlic

1 Medium Chilli (optional)

75g Parmesan cheese

2 tbsp Tomato Puree

1 Beef Stock Cube.

Glass of red wine (optional)

Herbs:

2-3 Sprigs of Fresh Rosemary.

Handful of Fresh Basil, plus extra for Garnish.

1 tsp Dried Oregano.

1-2 Fresh Bay Leaves.

Olive oil.

Sea Salt and Black Pepper.

Crusty bread, to serve.



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Get yourself a large heavy-bottomed (1)....., and place it on a medium heat. Add olive oil and gently (2)..... your bacon until golden and crisp, then reduce the heat slightly. (3)..... and (4).....your onions, carrots, celery and garlic and (5).....them to the pot. Next remove the leaves from the Rosemary sprigs and add them to the pot, discarding the sprigs. Move everything around and fry for around 8-10 minutes until the veg has softened.

Next, increase the heat slightly, add the mince and (6)..... until the meat is browned all over.

Stir in your tins of plum/chopped tomatoes, (plum tomatoes are best as they contain less water, but either will turn out great!). Add your remaining herbs, tomato puree, stock cube, chilli and if using, the wine. (7).....your cherry tomatoes in half and throw them in as well.

Give everything a stir with a wooden spoon, breaking up the plum tomatoes as you go and bring to a gentle (8)..... Reduce the heat to low-medium, put the (9).....on and leave it blipping away for about an hour and 15 minutes until the flavours develop into a wonderfully rich tomatoey sauce. Stir occasionally to make sure it doesn't catch.

Just as the (10)..... is nearly ready, add the parmesan and season to taste. Meanwhile (11).....some water in a pan, add salt and bring it to a (12)..... Then add the spaghetti and cook it according to the packet instructions. Once the spaghetti is ready, (13)..... it in a colander and add it to the pan with the sauce. Give it all a good stir, coating the pasta in the lovely tomato sauce. Serve with a little (14)..... parmesan and use the extra basil leaves to make a great little garnish. Beautiful!

Key: 1-saucepan, 2-fry, 3-peel, 4-chop, 5-add, 6-stir, 7-slice, 8-simmer,9-lid, 10-sauce, 11-pour, 12-boil, 13-drain, 14-grated

The best spaghetti Bolognese



Method

1. Put a large heavy-based saucepan on a medium heat and add 1 tbsp olive oil. Add the bacon and fry for 10 mins until golden and crisp. Reduce the heat and add the onion, carrot, celery, garlic and rosemary then fry for 10 mins, stirring often, until the veg has softened. Increase the heat to medium-high, add the mince and cook stirring for 3-4 mins until the meat is browned all over.

2. Add the tinned tomatoes, chopped basil, oregano, bay leaves, tomato purée, stock cube, chilli, wine and cherry tomatoes. Stir with a wooden spoon, breaking up the plum tomatoes. Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce. Add the Parmesan, check the seasoning and stir.

3. When the Bolognese is nearly finished cook the spaghetti following pack instructions. Drain the spaghetti and stir into the Bolognese sauce. Serve with grated Parmesan the extra basil leaves and crusty bread, if you like.

Ingredients

- 1 tbsp olive oil
- 4 rashers smoked streaky bacon, finely chopped
- 2 medium onions, finely chopped
- 2 carrots, trimmed and finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, finely chopped
- 2-3 sprigs rosemary, leaves picked and finely chopped
- 500g beef mince
- 2 x 400g tins plum tomatoes
- small pack basil, leaves picked, $\frac{3}{4}$ finely chopped and the rest left whole for garnish
- 1 tsp dried oregano
- 2 fresh bay leaves
- 2 tbsp tomato purée
- 1 beef stock cube
- 1 red chilli, seeded and finely chopped (optional)
- 125ml red wine
- 6 cherry tomatoes, sliced in half
- 75g Parmesan, grated, plus extra to serve
- 400g spaghetti
- crusty bread, to serve (optional)