



Spaghetti Bolognese

Ingredients

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|-----------------------------------|---------|
| Celery | 50g |
| carrot | 50g |
| onion | 50g |
| fresh garlic | 1 clove |
| minced beef | 100 g |
| tomato puree | 10ml |
| tinned chopped tomatoes | 100ml |
| dried mixed herbs | 7.5 ml |
| beef stock | 75 ml |
| dried spaghetti | 100 g |
| salt and black pepper if required | |

Method

1. Wash the celery. Pat dry.
2. Wash, peel and re-wash the carrot. Pat dry
3. Cut the celery and carrot into small dice to give 50 g each
4. Peel and dice the onion to give 50g
5. Crush the garlic
6. Heat the pan, add the mince and brown
7. Add the onion and garlic and cook for a further 2-3 minutes until soft.
8. Add the celery, carrot, tomato puree, chopped tomatoes, mixed herbs and stock and bring to the boil
9. Reduce the heat and simmer for 30 minutes
10. Add the spaghetti to a pot of boiling, lightly salted water
11. Bring back to the boil, simmer until "al dente" then drain well.
12. Skim and taste mince, season if required.
13. Serve the Bolognese sauce with the spaghetti in a clean, warm dish and garnish appropriately.