
SPAGHETTI BOLOGNESE

The meat sauce is best cooked long and slow, so it's succulent and full of flavour.

SERVES 4

600 g minced beef
2 x400 g tins of tomatoes
2 chopped onions
3 minced cloves of garlic
120 g smoked pancetta (or bacon), finely diced
1 tbsp tomato puree
150 ml red wine
150 g Mushrooms, finely sliced or chopped
1 Knorr Beef stock cube
3 Bay Leaves
2 tsps. mixed herbs
2 tbsp Olive oil

Pasta to serve

Freshly grated Parmesan cheese

Add pancetta or bacon to a wide heavy pan. Cook slowly until the fat has rendered and is beginning to colour (add a drop of oil if needed). Add onions and cook until translucent, but not browned. Stir in the garlic and cook 1-2 minutes until fragrant.

Increase the heat slightly, add the meat, and brown it. Then, add the mushrooms and cook for another 5-7 minutes until they soften and most of the liquid evaporates.

Pour in the wine. Cook until the wine has almost evaporated, then add the tomatoes, tomato puree, bay leaves, herbs, and the stock cube dissolved in a little boiling water. Season with pepper (adjust salt later – it depends on the stock cubes).

Put in the oven at 160° for 2-3 hours, adding a splash of water if it begins to look dry.

Check for seasoning and serve with just-cooked pasta, sprinkled liberally with fresh Parmesan cheese.

Note: Traditionally, many Italians add a finely chopped carrot and a stick of celery when adding the onions to make a soffritto, which is slowly fried to soften but not brown.

Cooked by Emma in #StrangerChild