

Date of practical.....

Bolognaise Sauce

Ingredients

1 onion
1 clove garlic
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x Tablespoon spoon tomato puree
100ml water
1 x tsp spoon mixed herbs
Black pepper



Method

1. Prepare the vegetables:
 - ◆ Peel and chop the onion;
 - ◆ Peel and crush the garlic;
 - ◆ Finely slice the celery.
2. Fry the onion, garlic and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, and then simmer for 20 minutes.
6. Pour your sauce into a container and clean up.

Top tips

- ◆ Try serving your spaghetti bolognaise with parmesan cheese and fresh basil.
- ◆ For a vegetarian option swap the minced beef for veggie mince or lentils.