

Spaghetti Bolognese



Recipe By FoodieBook

Ref: 234

Heading: Pasta

Cuisine: Italian

Food Type: Meat

No of Portions: 4

Ingredients & Prep

- 500 g Beef minced
- 400 g Tomatoes tinned chopped
- 400 g Spaghetti or tagliatelle dried
- 250 ml Water
- 175 ml Red wine
- 3 Pancetta or bacon rashers finely chopped
- 3 tbsp Olive oil
- 2 Garlic cloves chopped finely
- 1 Beef stock cube or gel pot
- 1 Onion large, chopped
- 1 Carrot coarsely grated
- 1 Celery stick chopped finely
- 1 Bay leave

Garnish

- sprinkle Parmesan cheese freshly grated to serve
- sprinkle Black pepper freshly ground

Suggestion & Tips

You could use either smoked or non smoked bacon/pancetta, add tomato puree if you prefer more tomato flavour, add chopped basil in at the end or as a garnish if you like.

Method

Step 1 - Fry the pancetta until light brown, add oil, onion, garlic & celery until soft, add minced beef stirring until brown, add wine & reduce liquid by a half, add tomatoes, bay leaf, carrot, water & stock cube or gel pot.

Step 2 - Cover pan with a lid & cook on the lowest heat for 1 1/2 hours, keep stirring occasionally & if it dries out add a little water, if to wet leave lid off turn up the heat & stir until the right consistency.

Step 3 - Cook the pasta in salted boiling water until cooked al dente (a little bite).

Step 4 - There are two ways you can serve, either place a portion on pasta on the plate & spoon Bolognese on top, or mix all together then plate, its up to you.

Step 5 - Garnish with Parmesan & a good twist of black pepper.