

SPAGHETTI BOLOGNESE



INGREDIENTS

- 500gms of beef
- 400gms spaghetti
- 800gms canned crushed tomatoes
- 1 onion
- 1 ½ tablespoons of olive oil
- 2 garlic gloves
- ½ cup (125mls) of beef stock
- 2 dried bay leaves
- 2tbls tomato paste
- ½tsp dried oregano, thyme and parsley (or you can use italian herb mix)
- 2 beef stock cubes crumbled
- Salt and pepper
- Parmesan cheese and finely chopped parsley or basil to serve (optional)

METHOD

STEP 1

- Heat oil in a large pot or deep skillet over medium high heat. Add onion and garlic, cook for 3 minutes or until soft and a light golden colour

STEP 2

- Turn heat up to high and add the beef by breaking it up as you go. Cook until browned.

STEP 3

- Add the remaining ingredients except salt and pepper and give it a good stir.
- Bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 – 30 minutes (no lid), adding water if the sauce gets too thick for your taste. Stir occasionally.
- Cook pasta per packet instructions by bringing a large pot of salted water to boil.

STEP 4

- Adjust salt and pepper to taste right at the end. Serve over spaghetti though if you have the time, I recommend tossing the sauce and pasta per steps below.

TOSSED PASTA STEPS

- When pasta is cooked, scoop out a cup of pasta cooking water and set aside, before draining pasta.
- Add pasta into the bolognese sauce with about ½ cup (125 ml) of reserved pasta water over medium heat. Toss gently for 1 1/2 – 2 minutes, or until the spaghetti turns red and the sauce thickens.

SERVE

- Divide between bowls. Garnish with parmesan and/or parsley or basil