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Spaghetti Bolognaise

Ingredients

1fl oz. olive oil
1 onion finely chopped
2 carrots peeled and finely chopped
2 sticks of celery finely chopped
2 cloves of garlic finely chopped
1lb. minced beef
3tsp. dry basil
1 small tin tomato paste
1 can chopped peeled tomatoes or tomato puree
16fl oz. beef stock
1lb. spaghetti
2oz. grated parmesan cheese
5 fresh basil leaves
Salt and pepper to taste

Servings

4

Person

Preparation Time

15

min

Preparation

- 1 In the olive oil sauté the onions, celery and carrots until brown
- 2 Add the garlic and sauté for an additional minute
- 3 Add the mincemeat to the vegetables and brown lightly making sure that there are few or no red bits of meat remaining
- 4 To the meat mixture add the dry basil and stir it in
- 5 Add the canned tomato, tomato paste and beef stock and bring to a simmer. Reduce the heat and add salt and pepper
- 6 Cover and simmer for 20 – 25minutes or until the sauce has reduced
- 7 While the sauce is simmering make the spaghetti following the recipe on the box
- 8 When the sauce is done mix it with the spaghetti and sprinkle with parmesan cheese. Garnish with the basil leaves and serve.

Cooks Note

Preparation time: 15 minutes; Cooking time: 30 – 40 minutes; Serves 4
