

BOLOGNESE SAUCE



Prep: 5 mins



Cooking: 70 mins



Serves: 4

IDDSI LEVEL 5 – MINCED AND MOIST



Garlic crusher



Medium saucepan



Slotted spoon

INGREDIENTS



1 tablespoon olive/veg oil



3 tablespoons tomato puree



1 onion, finely chopped



1 tin (400g) chopped tomatoes



1 garlic clove, chopped/crushed



150ml beef stock, using gravy granules or a stock cube



2 teaspoons dried mixed herbs



1 teaspoon vinegar



500g minced beef



1 teaspoon sugar



1 tablespoon plain flour

Allergens: wheat (gluten). Beef stock may contain celery.



Use soy mince alternative and vegetable stock



Use gluten-free flour



Meat recipe - use Kosher mince and stock



Use Halal minced beef, stock and apple cider vinegar

METHOD



Place the oil, onion, garlic and herbs in a saucepan. Cook on a low heat until the onions are soft.



Add the minced beef and cook on a medium heat for 10 minutes, stirring continuously to ensure no lumps.



Take off the heat, add the flour and stir well.



Stir in the tomato puree and chopped tomatoes.



Place back on a low heat and add the hot beef stock, vinegar and sugar.



Cook on low heat for approximately 60 minutes or until tender.



Season to taste with salt and black pepper.



This dish should be ready for level 5, but to be sure, remove some pieces of mince to check the size. If some pieces are larger than 4mm, remove the mince from the sauce, chop into smaller pieces then return to the sauce.

TOP TIPS:



Adding the vinegar and sugar enhances the flavour of the sauce (called a gastrique).



Use this versatile sauce when making spaghetti, lasagna or pasta bake.



Freeze in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.