

BOLOGNESE SAUCE MY WAY



Yields:

6 servings

Prep. Time:

0 hours 20 minutes

Cook Time:

1 hours 00 minutes

Total Time:

1 hours 20 minutes



Up to 4 months

Suitable from 8 months, but then skip the red wine,
cayenne pepper and chilli flakes

Not suitable for vegans

Not suitable for vegetarians

I love this sauce. There. I've said it. I love eating it cooked the traditional way, but I also love making it *my way*, which has *waaay* more ingredients than normal, and I don't use pork mince (as I don't like or eat pork). You can, of course, use pork mince, or even a mixture of beef and pork, but I only use beef, and trust me, the flavour is deep and layered. Placed on top of freshly-boiled pasta, or even a slice of toast, it's a warming and hearty meal, perfect for a winter's night, but let's face it, it's good *all* year round!

INGREDIENTS

- 500g minced beef, cut of your choice
- ½ cup olive oil
- 35g butter
- 1-2 medium-sized onions, finely chopped
- 3 cloves garlic, crushed
- 1 sweet red pepper, cut into small squares
- 3 small carrots, thinly sliced
- 250g baby tomatoes, sliced in half
- 1 beef stock cube
- 40g tomato paste
- 1 bay leaf
- 1cm cinnamon stick
- Peel of 1 orange, slice it off around the middle of the orange

- Peel of 1 lemon, slice it off around the middle of the lemon
- Dried oregano, 1 large pinch
- 1 ½ Tbsp sugar
- ½ cup Ketchup
- 2 Tbsp red wine vinegar
- 2 tsp soya sauce
- 1 Tbsp Worcester sauce
- 2 tsp soya sauce
- ½ tsp cayenne pepper (*skip if cooking for babies and children*)
- ¼ tsp chilli flakes (*skip if cooking for babies and children*)
- 1 ½ tsp salt (*skip if cooking for babies and children*)
- 1 tsp freshly-ground black pepper
- ¾ cup red wine
- 500ml Passata
- 500ml water

All right...so now you see what I meant about it have a *loooooo*t of ingredients!

METHOD

1. I like having everything ready, cleaned, chopped and measured before I start, as it makes cooking less stressful for me, so, prepare all your veggies and ingredients in advance.
2. Finely chop the onions, crush the garlic cloves, cut your sweet red pepper in squares, and slice your carrots and baby tomatoes.
3. In a heavy-bottomed saucepan, add the olive oil and butter. Heat until small bubbles appear and you hear it sizzling.
4. Add the minced beef and stir until all of it is browned. Don't add salt or anything else at this point, as it will toughen the meat.
5. Once the minced beef is browned, add the beef stock cube and stir until it dissolves.
6. Add the tomato paste, and stir until its incorporated.
7. Add the onions and garlic, and stir for about 2-3 minutes until the onions become translucent.
8. Add the red pepper and carrots.

9. Now, add the salt, freshly-ground pepper, sugar, Ketchup, red wine vinegar, Worcester sauce, soya sauce, oregano, cayenne pepper, chilli flakes, cinnamon stick, orange and lemon peels, and stir.
10. Pour in the red wine and cook until the liquid is reduced.
11. Once the liquid is about half of what it was, add the Passata and water, and stir.
12. Lastly, throw in the baby tomatoes, because they were getting lonely waiting.
13. Bring the sauce to a boil, then lower the heat to medium, partly cover the saucepan.
14. Stir occasionally until the sauce has reached its desired saucy consistency – in other words, the liquid has reduced by at least half and, I like to think, all the ingredients are now good friends. This should take about 40-45 minutes.
15. Boil pasta of your choice and add sauce on top.
16. Grate some Parmesan, tear fresh basil and grate black pepper on top, and...*enjoy!*

