

Bolognese

TOTAL TIME
approx. 2½ hrs

SIMMERING
1.5–2 hrs

PER SERVING
approx. 405 kcal

SERVINGS
4

FOTO

INGREDIENTS

- ☐ 500 g minced beef
- ☐ 1 onion
- ☐ 2 garlic cloves
- ☐ 2 carrots
- ☐ 1 stick celery
- ☐ 2 tbsp clarified butter
- ☐ 2 tbsp tomato purée
- ☐ 1 tin tomatoes (400 g), with juice
- ☐ 150 ml red wine
- ☐ 250 ml beef stock
- ☐ tomato juice as needed
- ☐ 1 piece bacon rind
- ☐ 2 bay leaves
- ☐ 3 sprigs thyme
- ☐ 1 tsp sweet paprika
- ☐ sugar, salt, pepper
- ☐ optional: a splash of milk or cream

METHOD

- 1 Peel and finely dice the onion and garlic. Trim, rinse and finely dice the carrots and celery. Heat 1 tbsp clarified butter in a large non-stick pan and fry the vegetables over a medium heat for about 10 minutes. Remove and set aside.
- 2 Add the remaining clarified butter to the hot pan. Fry the mince over a high heat until browned and well caramelised (about 15 minutes), breaking it up with a spatula so it stays crumbly. Season with a large pinch of sugar, stir in the tomato purée and fry for another 3 minutes.
- 3 Add the fried vegetables, the bay leaves and the rinsed thyme sprigs and season with paprika and pepper.
- 4 Add the bacon rind, the tomatoes with their juice and the wine, and simmer, stirring, until the liquid has evaporated. Pour in the stock and simmer gently for 1.5 to 2 hours. Stir occasionally and add a little tomato juice if the sauce becomes too thick. At the end add enough tomato juice to give the sauce the right consistency.
- 5 Remove the bay leaves, thyme sprigs and bacon rind. Stir the Bolognese well and add a splash of milk or cream if you like – this makes it smoother and milder. Season to taste with salt, pepper and sugar.

NOTES

The original used a mix of minced beef and pork; this version uses beef only. Apart from the beef, quantities were not given in the original and have been added for 500 g of meat.