

Ragu Bolognese Spaghetti Sauce

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This is a traditional Italian Bolognese sauce, with a few handy tips and tricks that make it far quicker to make than a completely traditional ragu.

Ingredients:

500g minced steak
3 or 4 rashers of smoked bacon, cut into lardons
1 white onion
1 garlic clove
1 celery stick
1 large carrot
1 tin chopped tomatoes
1 glass of red wine
1 beef stock cube
1 tsp. dried basil or small handful of fresh basil leaves
1 tsp. dried oregano
Dash of olive oil

Directions:

1. Peel and chop the onion into rough chunks. Take the top and bottom off of the carrot and chop it into two or three pieces. Take off the bottom of the celery stick and chop it into two or three pieces. Put all the veg into a food processor, on the 'fine' setting, and blitz until the vegetables are almost pureed, but not fully.
2. Put the bacon lardons into a frying pan with a little bit of olive oil and cook until ever so slightly crispy. Once cooked, put the lardons to one side or into a large saucepan.
3. Place all of the vegetables into the frying pan that you fried the bacon in and cook them until soft and tender. Mince the garlic and cook this too. Tip the veg into the saucepan along with the bacon, then put the minced beef into the frying pan and fry gently until slightly browned.
4. Put the beef into the frying pan, along with the tomatoes, red wine, basil, oregano and beef stock cube. Mix everything together and then simmer gently for as long as you have – up to five hours will do.
5. Serve tossed with fresh spaghetti, and if you like, a sprinkling of parmesan.

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