

Spaghetti Bolognese

Requisition of Equipment

2 blue trays, vegetable knife, safety mat, digital scale (optional), digital timer, brown chopping board, small mixing bowl for peelings, large saucepan, wooden spoon, measuring jug, metal spoon, measuring spoon, teaspoon

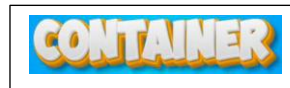
Method

Time	Steps
Step 1 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
Step 2 5 min	Place safety mat beneath brown chopping board. Peel and chop onion. Place peelings into small mixing bowl. Finely chop garlic (optional). RE SET TIMER.
Step 3 10 min	Peel and prepare your chosen ingredients e.g. slice, chop into even sizes. Brown chopping board. RE SET TIMER.
Step 4 5 min	Your teacher will pour your oil into saucepan. Heat oil on a medium heat (number 3). Test oil for correct frying temperature. Gently fry onion and garlic. Then add other vegetables to soften slightly. RE SET TIMER.
Step 5 15 min	Add mince and fry (on number 3) until brown. Wash hands as you have touched raw meat. Pour stock into saucepan. Stir with wooden spoon. Add chopped tomatoes, mixed herbs and tomato puree. Stir well. RE SET TIMER.
Step 6 20 min	Bring to a gentle boil (turn up to number 4) and simmer for 20 minutes. Stir occasionally. Wash up using hot soapy water as you have been working with raw meat. Pack all equipment away. RE SET TIMER.
Step 7 15 min	Place bolognaise meat into container and then into blast chiller. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying clothes for the next class.



Ingredients

450g minced beef
1 onion
2 cloves garlic (optional)
1 can chopped tomatoes
1 teaspoon mixed herbs (school)
2 tablespoons tomato puree (school)
1 beef stock cube + 150ml boiling water (school)
2 tablespoons oil (school)
Salt and pepper to taste (school)



CHOOSE TWO VEGETABLES TO ADD.

For example: 6 mushrooms, 1 carrot, 1 stick celery, 1 courgette ...