

Bolognese

Method

1. Open the can of tomatoes and reserve for later
2. Fill kettle with water and turn on (ready for later)
3. Wash your vegetables
Use a colander and a plate to catch drips
4. **Peel** the onion then **dice** into small pieces
5. **Crush** or **finely chop** the garlic
6. Prepare your chosen vegetables by **slicing** or **chopping** into even sized pieces
7. Add oil and 1 piece of onion to the saucepan
Your teacher will add the oil for you
8. Heat the oil to the correct frying temperature
! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed
9. Add onions and garlic and **gently fry** for 1 to 2 minutes
You do not want the onions to brown, just soften
10. Add your other vegetables to soften slightly for a further minute
11. Add mince and **fry** until brown. Stir and adjust heat as necessary
! Wash hands after touching raw meat
! Add a splash of water if food starts sticking to the saucepan
Browning the mince adds flavour and ensures readiness
12. In a measuring jug, prepare 150ml of beef stock
Crush the stock cube, add boiling water and stir until fully dissolved
13. Add the stock to the saucepan
14. Add the tinned tomatoes to saucepan and stir
15. Bring to the **boil** then reduce to a **gentle simmer**
16. Add tomato puree, herbs, salt and pepper to taste
17. **Simmer** for 20 minutes. Stir and **control heat** as necessary **[A]**
! The bolognese sauce should thicken but do not allow it to completely dry out when simmering

Ingredients

- Up to 450g minced beef
- 1 onion
- 2 cloves of garlic (optional)
- 1 tin of chopped tomatoes
- 2 tbsp tomato puree
- 1 beef stock cube (150ml)
- 1 tsp mixed herbs (school)
- 2 tbsp oil (school)
- Salt and pepper (school)
- Container
- **Plus choose 2 vegetables:**
e.g. mushrooms, carrot, celery, courgette

Equipment

- Blue tray
- Can opener
- Dessert spoon
- Measuring spoons
- Safety mat
- Wooden spoon
- Timer
- Vegetable knife
- Peeler
- Brown chopping board
- Small bowl
- Colander and plate
- Large saucepan
- Measuring jug

Key Moments



[A] Completed bolognese (should have thickened but not completely dried out)