

BOLOGNESE

Ingredients:

- 3 onions, finely chopped
- 3 celery stalks, finely sliced
- 6 cloves garlic, finely chopped
- 2 carrots, peeled and finely grated
- 1 zucchini, finely grated
- 3 tablespoons olive oil
- 800g beef mince
- 5 tablespoons plain flour
- ½ teaspoon grated nutmeg
- 2 teaspoons salt
- 1 teaspoon pepper
- 5 cups vegetable stock
- 2 tins canned tomatoes (or 1kg fresh tomatoes), diced
- 5 tablespoons tomato paste
- 3 sprigs thyme, finely chopped
- 3 sprigs oregano, finely chopped
- 2 sprigs rosemary, finely chopped
- 3 bay leaves
- 50g parmesan, grated (to serve)
- 1 handful flat-leaf parsley, chopped (to serve)

Directions

1. Prepare onion, celery, garlic, carrots and zucchini as per above.
2. Saute onion, celery and garlic in oil in a large saucepan until softened.
3. Add grated carrot and zucchini and saute for two minutes.
4. Add minced meat and fry until meat breaks up into small lumps (use a wooden spoon to help break up the meat).
5. Sprinkle in flour, salt, pepper and nutmeg, then stir well.
6. Add stock, tomato, tomato paste and chopped herbs, and bring to boil.
7. Reduce heat and simmer until ready to serve, stirring from time to time.
8. Taste for seasoning before serving.
9. Serve with pasta, and top with grated parmesan and flat-leaf parsley.