



Bolognese Recipes

Mince is incredibly versatile - my bolognese recipe can be created into lots of other meals.

Basic Bolognese

<p>500 gr of mince (beef, turkey, Quorn etc) 1 large onion, finely diced 1 carrot (diced or minced) 1 tin tomatoes (whole or chopped) 2 tbsps tomato puree handful of fresh herbs or 1 teasp of dried herbs 1 teaspoon sugar 1 stock cube dissolved in ½ pt water seasoning 1 garlic or a good squeeze of garlic puree oil to fry</p> <p>Other vegetables you can use include courgettes, mushrooms, celery, peppers and sweet potato</p> <p><u>Vegetarian / vegan alternative</u> Use Quorn or similar meat free mince (Quorn is not suitable for vegans as it contains egg white)</p>	<p>Fry the diced onion in oil and then add the other diced vegetables, cook in a frying pan until soft and slightly brown, add the meat to the pan and fry gently. Add the herbs, then add tomato puree, tin of tomatoes and stock. Leave to simmer with lid on for about 20 minutes. Allow the juices to thicken as they cook out.</p> <p>If you want to make this tastier and have some wine around add a couple of tablespoons of red or white wine, allow this to cook out.</p> <p>Serve the bolognese with pasta or rice or in a jacket potato. This mixture can also be used to make Lasagne or a Cottage Pie, Moussaka, Chilli con carne, Meat Cobbler</p> <p><u>Lasagne</u> You can use any pasta, gluten free works brilliantly. Layer a third of the mince mixture in a lasagne dish, place lasagne sheets on top, continue layering and finish with a layer of lasagne sheets. Pour white sauce over top, finish with grated cheese. Bake in oven for about 45 minutes at 180°C, Gas Mark 5. Tip: the meat mixture needs to be quite runny to cook the pasta sheets</p>
---	---

<p><u>White Sauce</u> Options:</p> <ul style="list-style-type: none"> • use a crème fraiche and cheese “easy sauce” • make a roux white sauce • buy a jar of white sauce <p><u>Roux white sauce</u> 25 gr butter or margarine (1 tbsp.) 25 gr plain or gluten free flour (1 tbsp.) seasoning ½ pt. milk or stock grated cheese</p>	<p>Use 250 gr crème fraiche, add cheese to taste, mix, then pour over pasta.</p> <p>Melt butter and flour together. When mixed, add liquid, stir slowly until combined, add more liquid until it is the right consistency. Add cheese or herbs or nutmeg. Pour over lasagne dish, add extra grated cheese to taste.</p>
<p>For Vegans Make a sauce using a plant based spread and soya milk or similar. Instead of grated cheese on top add breadcrumbs or chopped nuts towards the end of cooking.</p>	



TEL: 01923 855367
 MOB: 07979 800616
 EMAIL: PENNY@PENNYBERAL.CO.UK
 WWW.PENNYBERAL.CO.UK