

Bolognese Sauce Recipe

Ingredients:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, finely chopped
- 1 celery stalk, finely chopped
- 450 g beef mince or a mix of beef and pork
- 1 can (14 oz) crushed tomatoes
- 2 tbsp tomato paste
- 1/2 cup (120 ml) dry white or red wine (optional)
- 1 cup (240 ml) beef or chicken stock
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- 1/4 cup (60 ml) milk or cream (optional, for creamier sauce)
- Grated Parmesan cheese (for serving)

Fresh basil or parsley (optional, for garnish)

Method:

1. **Prepare the Base**

Heat olive oil in a large pan over medium heat. Add the onion, garlic, carrot, and celery. Sauté for 5-7 minutes until softened.

2. **Brown the Meat**

Add the ground meat to the pan. Break it up with a spoon and cook until browned. Season with a little salt and pepper.

3. **Add Liquids and Herbs**

Stir in the wine (if using) and cook for 2-3 minutes to let the alcohol evaporate. Add the crushed tomatoes, tomato paste, stock, oregano, and basil. Stir well to combine.

4. **Simmer**

Reduce heat to low and let the sauce simmer uncovered for 30-45 minutes, stirring occasionally. This allows the flavours to deepen and the sauce to thicken.

5. **Finish**

Stir in the milk or cream (if using) and simmer for an additional 5 minutes. Adjust seasoning with salt and pepper to taste.