

View from the Fridge – Recipes from Brian Donkin

Recipe # 112 – Spaghetti Bolognese

Preparation time: 5 mins Cooking time: 20 mins

Ingredients:

200 gms spaghetti
100 gms beef mince
2 cloves garlic peeled and smashed
2 tblspns olive oil
1 wine glass tomato concasse (see www.leithlinks.co.uk/fridge/view.html
for recipe)
1 tblspn shaved parmesan
Salt and pepper

Method

1. In pan place 1 tblspn of olive oil, garlic and beef mince and add salt and pepper to taste
2. Cook over high heat stirring constantly with wooden spoon to ensure mince is loose (approximately five minutes)
3. Pour in tomato concasse
4. Bring to boil and simmer for 15 minutes
5. Meanwhile, in pot of salted water cook spaghetti until soft enough (al dente)
6. Remove from heat and add glass of cold water then strain
7. In pan place the remaining olive oil, the cooked spaghetti and stir quickly over medium heat
8. Add the sauce and stir in vigorously
9. Put in bowls and add shaved parmesan to surface

Serves 2

