



Moorddrift
Dairy

SPAGHETTO BOLOGNAISE
(serves 4 - 6)

Spaghetti Bolognese is a huge hit among both young and old. Follow this easy recipe to make the traditional Italian meat sauce the proper way, and serve with spaghetti, grated parmesan cheese and perhaps a slice or two of garlic bread.

INGREDIENTS - SAUCE

30g butter
1 big onion, skinned and chopped
2 carrots, peeled and chopped
2 sticks of celery, scrubbed and chopped
500g minced beef, raw
2 tbsp tomato paste
250ml tomato puree
550ml beef stock
5ml basil
salt, pepper
Ingredients – other:
500g spaghetti
parmesan cheese, grated

METHOD

Make the sauce first.
Fry the onion, carrot and celery until lightly browned.
Add the beef and brown lightly.
Add the tomato paste, tomato puree and basil and allow to simmer for a few minutes before adding the stock, salt and pepper. Cover and simmer for 25-30 minutes, until the meat is tender and the liquid in the sauce is well reduced.

Re-season if necessary.

Sprinkle shaved/grates parmesan on top and serve.

F R E S H E R F O R L O N G E R

Tel: 015 491 9400 | Toll Free: 0800 20 40 59 | www.moorddrift.co.za