

SLOW-COOKED BOLOGNESE

Prep + cook time: 2 hours **Serves:** 6

Ingredients

1 tablespoon olive oil	1 teaspoon dried oregano leaves
1 large onion (200g), chopped finely	1 cup (250ml) dry red wine
2 celery stalks (300g), trimmed, chopped	700g (1½ pounds) tomato passata
2 large carrots (360g), chopped	2 cups (500ml) beef stock
100g (3 ounces) prosciutto, chopped finely	1 tablespoon chopped fresh rosemary leaves
2 cloves garlic, crushed	2 sprigs fresh thyme
1kg (2 pounds) minced (ground) pork and veal (see tips)	100g (3-ounce) block parmesan, rind removed and reserved
¼ cup (70g) tomato paste	400g (12½ ounces) spaghetti

1. Heat oil in a large heavy-based saucepan over high heat; cook onion, celery, carrot, prosciutto and garlic, stirring, for 5 minutes or until onion is soft. Add pork and veal; cook, stirring, to break up lumps, for 10 minutes or until browned.
2. Stir in paste and oregano; cook, stirring, for 2 minutes. Add wine, bring to the boil; cook for 4 minutes or until reduced by half. Stir in passata, stock, rosemary, thyme and parmesan rind; bring to the boil. Reduce heat to low; cook, covered, stirring occasionally, for 1½ hours or until thickened. Season. Remove and discard parmesan rind from sauce.
3. Cook spaghetti in a large saucepan of boiling salted water for 8 minutes or until just tender; drain.
4. Finely grate remaining parmesan. Serve spaghetti topped with bolognese sauce, sprinkled with grated parmesan and fresh oregano leaves, if you like.

Tips

Use minced beef or a combination of minced beef and pork and veal, if you prefer. This recipe is suitable to freeze at the end of step 2.

