

SPAGHETTI BOLOGNESE

Spaghetti bolognese is a comforting classic with a million variations. My version is sweet, succulent and packed with vegies, and my Thermomix method means you never have a problem with crumbly mince.

I use red wine vinegar in this method but if you have wine on hand, see the Variation.



Makes: 2 litres (feeds about 10)

Time: 30 minutes



INGREDIENTS

140 grams (4.9 oz) onion, roughly chopped
2 garlic cloves
180 grams (6.3 oz) carrot, roughly chopped
100 grams (3.5 oz) celery, roughly chopped
170 grams (6 oz) zucchini, roughly chopped
170 grams (6 oz) mushrooms
60 grams (2 oz) olive oil
1/2 tsp salt, or to taste
1 bay leaf, fresh or dried
300 grams (10.5 oz) pork mince
200 grams (7 oz) beef mince
20 grams (0.7 oz) red wine vinegar
40 grams (1.4 oz) milk
700 grams (25 oz) passata
60 grams (2 oz) tomato paste
black pepper, to taste

To serve

pasta of choice, cooked according to packet instructions (or make my [Gnocchi!](#))

Parmesan cheese, grated
parsley, chopped



METHOD

1. Place onion, garlic, carrot, celery, zucchini and mushrooms in mixing bowl. Chop **5 sec/speed 5**, or until well diced. If necessary, scrape down and mix for a further **2 sec/speed 5**.
2. Add olive oil, salt and bay leaf. Cook for **6 min/Varoma/speed 1**.
3. Add mince and break up well with a spatula. Cook for **4 min/100°C (212°F)/Rev/speed 1**.
4. Add vinegar and milk. Stir with spatula, ensuring mince is not stuck to the blades. Cook for **3 min/100°C(212°F)/Rev/speed 1**.
5. Add passata and tomato paste and stir with spatula, ensuring mince is broken up. Cook for **20 min/90°C (195°F)/Rev/speed 1**. Every 5 minutes, turn up speed and stir for **10 sec/Rev/speed 3**.
6. Taste for seasoning.

Variations

- Replace vinegar with 60 grams (2 oz) red wine.
- Use all pork or all beef mince. You can even use chicken or turkey mince.
- Add a cinnamon stick along with (or instead of) the bay leaf



...continued



• How about Lasagne! It's so easy. Make a bechamel sauce by adding 800 grams milk, 40 grams chopped butter and 50 grams flour (gluten-free is fine) to mixing bowl, plus a pinch of salt and pinch of nutmeg, if desired. Cook for **9 min/90°C (195°F)/Rev/speed 4**. Add 100 grams cubed cheese if desired and mix for **20 sec/speed 7** or until smooth. In a baking dish, layer warm bolognese sauce and lasagne sheets (I use dry ones but fresh are great too, or you could even use slices of raw sweet potato, pumpkin or zucchini). After a few layers, add half the bechamel, then continue with meat and pasta layers. Top with remaining bechamel and grated cheese, if using. Bake according to lasagne packet instructions (about 190°C/375°F for about 30 minutes), or until golden brown on top and a knife can easily pierce pasta. Let sit for at least 10 minutes before serving.

Tips

- Don't skip the stirring stages at step 5, but it doesn't have to be exactly every 5 minutes.
- If you do decide to use wine, my rule is, it has to be good enough to drink if I'm going to use it in cooking!



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Makes: 2 litres (feeds about 10)



SHOPPING LIST:

- Onion (140 grams / 4.9 oz)
- Garlic cloves (2)
- Carrot (180 grams / 6.3 oz)
- Celery (100 grams)
- Zucchini (170 grams / 6 oz)
- Mushrooms (170 grams / 6 oz)
- Olive oil (60 grams / 2 oz)
- Bay leaf, fresh or dried (1)
- Pork mince (300 grams / 10.5 oz)
- Beef mince (200 grams / 7 oz)
- Red wine vinegar (20 grams / 0.7 oz)
- Milk (40 grams / 1.4 oz)
- Passata (700 grams / 25 oz)
- Tomato paste (60 grams / 2 oz)
- Black pepper
- Salt



NOTES & TIPS: