

THE PARENT PERSPECTIVE PODCAST

EPISODE 3: LOUISA'S SPAGHETTI BOLOGNESE RECIPE

Episode 3 of The Parent Perspective Podcast features MasterChef The Professionals finalist and rematch winner [Louisa Ellis](#). Here she shares her spaghetti bolognese recipe with us.



RECIPE

SERVES 6

Ingredients

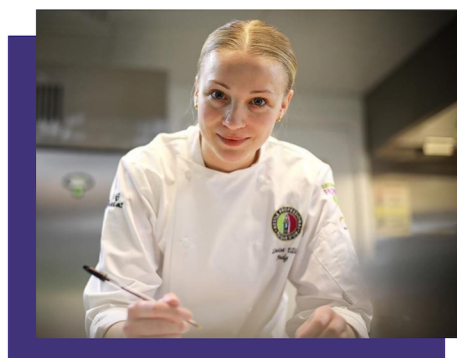
- 2 tablespoons of olive oil
- 4 large banana shallots – diced (can be substituted with onions)
- 1 teaspoon sea salt
- 4 cloves grated garlic
- 2 sticks diced celery (optional)
- 100g carrots diced into small cubes
- 200ml of red wine (any open bottle but Malbec, Merlot or Rioja work well)
- 4 large really ripe vine tomatoes chopped into roughly eight pieces each
- 2 tins good quality chopped tomatoes
- 1 heaped tablespoon tomato paste
- 500g 20% fat beef mince
- 1 tablespoon red wine vinegar (if required)
- 30g fresh basil roughly chopped



For the absolute best spaghetti bolognese, get your beef from your local butcher and if you can get grass fed beef, that's even better as it melts in your mouth.

Method

- Pour the olive oil into a saucepan and add the salt. Sweat the shallots for about five minutes on a low heat until really soft and sweet - the salt will bring out the moisture from the shallots and help them to sweat down more quickly.
- Add the garlic and sweat for a further two minutes.
- Add the celery – my granny loved putting celery in spag bol, but it's not for everyone!
- Add the carrots – my granny puts carrots in hers as well. Sweat for another two minutes.
- Add the red wine and allow to reduce by half.
- Add the vine tomatoes and allow to cook for a further 5 to 10 minutes.
- Add the tinned tomatoes and tomato paste and keep cooking for another five minutes until it's a lovely consistency.
- In a separate frying pan, heat a splash of oil until piping hot and sweat the mince until completely browned off and then add it, along with the cooking juices, into the tomato sauce. Add a touch of salt and pepper to season. Let the sauce simmer for 30 to 40 minutes until the beef is lovely and tender and the tomatoes have reduced slightly.
- Taste and season. Add a little red wine vinegar if it needs some acidity.
- Add the basil right at the end just before serving.
- Cook your choice of pasta according to the instructions, but I would typically use spaghetti.
- Once the pasta is cooked, simmer it with the bolognese for a couple of minutes to help the sauce stick to the pasta.



Black garlic can be added in addition to regular garlic to give the sauce an umami taste.



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