



Bolognais Sauce for Jacket Potato

Equipment

Scales	Measuring spoons
Kitchen knife	Chopping board
Large saucepan/s	Potato masher or blender or food processor
Large non-stick pans with lids	

Ingredients

10 serves	25 serves	50 serves
2 onions, finely chopped	4	8
2 carrots, peeled and finely grated	4	8
2 zucchinis, finely grated	4	8
2 red peppers, deseeded and finely chopped	4	8
800 ml water	2 litres	4 litres
800g lean beef mince	2 kg	4 kg
650g canned, chopped tomatoes	1.6kg	3.2kg
¼ cup tomato paste (70 g)	175 g	350 g
2 tsp dried oregano or dried mixed Herbs	1 ½ tbsp	3 tbsp
2 bay leaves	4	8
Grated cheese to taste	to taste	to taste

Method

1. Put the vegetables in a saucepan and cover with water. Bring to the boil, then simmer for 8 – 10 minutes, or until the onion and pepper are very soft. Remove from the heat and blend the contents to a smooth puree, in a blender or food processor. If you don't have a blender or food processor, use a potato masher. Keep warm.
2. Heat the non-stick pan over medium heat. Dry-fry the beef mince for 3 – 5 minutes, stirring with a wooden spoon to break up any large clumps, until lightly browned on the outside.
3. Add the pureed vegetables, chopped tomatoes, tomato paste and dried herbs to the pan, stirring well to combine. Add the bay leaf.
4. Bring the mixture to the boil, then reduce the heat and simmer gently for 25 – 30 minutes, stirring the sauce more and more regularly as it thickens. Add a little water if it becomes too thick and begins to stick to the bottom of the pan.
5. Serve on top of the jacket potatoes and sprinkle with grated cheese if desired.

Adapted from a recipe at www.bbc.co.uk