
RECIPE OF THE WEEK

Spaghetti Bolognese

Ragu Bolognese hails from Bologna in northern Italy. Traditionally it is slow cooked in a bottom oven or slow cooker barely blipping. Our youngest daughter, Ella, is a bit of a vegetable dodger so I like to add extra, especially some dried porcini mushrooms



and a splash of wine vinegar to keep it child friendly since Bolognese is pretty much the gold standard of children's cookery. There's always some debate about what makes 'authentic' Bolognese. The truth is that Bolognese is authentic as you make it. My only observation is that adding a chicken liver or using porcini stock adds depth, it's better served with linguine or tagliatelle than spaghetti because thicker pasta hold slow cooked sauce better and that flavoursome cuts of beef are better if you can slow cook - in

which case you can use a bit more light meat. *300g minced beef steak, ideally flank or trim from around the ribs*

200g minced pork shoulder or veal

100g Squisito unsmoked air dried pancetta, chopped (don't use cheap bacon!)

1 or 2 chicken livers, chopped

1 large carrot grated

2 sticks celery, finely chopped

1 large onion chopped

2 cloves of garlic (optional)

1 tbsp olive oil

2 x 400g cans chopped plum tomatoes

2 tbsps tomato purée

splash of Chianti (optional) or Valpolicella (white is good if not slow cooking)

1/2 pint of porcini mushroom

chicken stock

1 tsp dried oregano or marjoram or a few sprigs fresh

1 tsp dried basil or a small handful fresh basil torn

1 tbsp wine vinegar plus 1 tsp sugar if cooking for children

Trapani sea salt & pepper

good Parmigiano Reggiano

100-120g dried spaghetti or

linguine per person as a main

Chop veg and pancetta finely and sauté until beginning to soften with the lid on. Turn mince into pan, raise heat and brown with garlic and a screw of black pepper. Add chopped tomatoes, stock and remaining ingredients. Bring up to about 88°C, then reduce heat to a gentle low simmer just bubbling for an hour or two or transfer to the bottom oven or slow cooker.

Serve with linguine and freshly grated Parmigiano Reggiano or Grana Padano. Serves 4 as a secondi (main course).

To download this recipe go to www.squisito-deli.co.uk
