

Bolognese Sauce

Recipe

1 onion
250g minced beef/quorn
1 large can chopped tomatoes
1 stock cube
1 garlic clove
1 courgette/carrot/celery
stick/4 mushrooms
1 tsp mixed herbs

Box with lid

Equipment

Chopping board
Vegetable knife
saucepan
Wooden spoon
Measuring jug

Method

- 1) Collect equipment
- 2) Peel and chop the onion and garlic demonstrating the bridge and claw knife skills.
- 3) Wash and slice the mushrooms ,slice courgette/celery/ carrot.
- 4) Turn on the hob. Cook the mince until brown.
- 5) Add the vegetables and garlic. Cook for 5 mins.
- 6) Add the tomatoes and stock cube.
- 7) Add 100ml cold water.
- 8) Bring to the boil then turn the heat down to simmer.
- 9) Simmer for 20 minutes.
- 10) Transfer to your container and leave to cool. Add your name and group to your label.
- 11) Wash up.

