

A Really Good Bolognese Sauce

Loved the world over, spaghetti bolognese has got to be the one dish that almost everyone has made. Like everyone else, I have my own version, which uses spices that give it a 'Greek edge'. It's rich, thick and has a lovely intense flavour, making it a really good bolognese sauce!



What makes my bolognese sauce really good?

1. Beef bouillon cubes/beef stock cubes. Even though

bouillon cubes are not typically used in a Greek style bolognese sauce, I add them because they give the sauce a deeper, more intense flavour.

2. **Sugar.** Depending on the sweetness of your tinned tomatoes, adding a little sugar can make a difference. Of late, I've been buying an imported brand called Mutti. The tomatoes are sweeter than other brands I've used which is why I've added only 1 tsp sugar to the sauce. Depending on which brand you buy, you may need to adjust the amount of sugar you add.
3. **Spices.** It amazes me how even the tiniest amount of an ingredient can add so much flavour to a dish. A pinch of cinnamon or allspice and your kitchen will be filled with their aroma. These spices are what give my bolognese its 'Greek edge'.
4. **Red Wine Vinegar.** For added flavour, I use a couple of teaspoons of red wine vinegar. I wouldn't make a bolognese sauce without it.

It's these above ingredients that work together so well that make a really good bolognese sauce; just don't wear white while you're eating it.

Danielle



Preparation Time: 20 mins

Cooking Time: 30 mins

Serves: 5-6

Ingredients

- 500 g/1 lb beef mince/ground beef
- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, grated
- 2 tbsp tomato paste
- 2 x 400 g/14 oz cans crushed or chopped tomatoes (note 1)
- 1/2 cup of water or stock (any type)
- 2 tsp red wine vinegar
- 2 beef boullion/stock cubes, crumbled
- 1 tsp sugar
- pinch of cinnamon or allspice (you can add both)
- 2 tbsp finely chopped parsley
- salt, pepper

Instructions

1. Heat the oil in a medium pot over medium high heat. Add the onion. Saute until soft (5 – 7 mins). Add the garlic and saute for a further 30 secs.
2. Turn the heat up to high. Add the beef. Saute until brown all over and most of the liquid has evaporated. Use a fork or wooden spoon to break up any clumps.
3. Add the tomato paste. Stir until the beef is well coated.
4. Add the remaining ingredients (except the salt and pepper).
5. Bring to the boil. Turn the heat down to low. Simmer for 30 minutes covered, until the meat is tender and the sauce has reduced (note 2).
6. Have a taste! Add salt and pepper as needed. Pour ladlefuls of bolognese sauce over pasta. Toss.
7. Sprinkle with grated parmesan and enjoy!

Notes

1. Alternatively you can use passata (tomato puree).
2. I have suggested 30 minutes cooking time for a quick mid week meal. If time permits, 1 hour of simmering time would give you meat that is even more tender and a sauce that has an even more intense flavour. If the sauce is too thick for your liking, add more water or stock. For an even thicker sauce, simmer uncovered.