

# Wikankook

With Mama Mia, The Famous Internet Cook



## Mama Mia's Secret Recipe Italian Meat Sauce (Bolognese Ragu)

This is, in my humble opinion, the best Bolognese sauce ever.....once you have tried this, you will never make it a different way again. It is my Papa's recipe, so it is now being handed down through the generations.

Mama Mia's Tip: Make as much of this sauce as you can at the one time and freeze the remainder, as you can use this for so many recipes, including Meat Lasagne and Meat Cannelloni.

So make the most of your time in the kitchen to have more time to yourself later on and double up at least, on the ingredients.

Serves 4

Difficulty Level: Easy

Ingredients:

- 6 tbsp/90ml Olive Oil
- 1 large onion finely chopped
- 1 carrot finely chopped
- 2 sticks of celery finely chopped
- 2 cloves garlic, crushed
- 2oz/50g streaky bacon finely chopped
- 1 lb/450g Lean minced beef or pork or mixed
- ¼ pint/ 150 ml red wine (optional) If not used or required, then use a good splash of Balsamic Vinegar instead
- 3 tbsp/45ml tomato purée
- 14oz/396g can of chopped tomatoes (less juice in these - you'll get a richer sauce)
- A good splash of Worcestershire sauce
- 2 good pinches of oregano
- Salt and pepper to taste
- 2 bay leaves
- Freshly grated nutmeg

Method

Heat the oil in a large saucepan and fry the onion, celery, carrot until the onion is soft, stir in the bacon and fry for a few minutes. Mix in the beef and stir to brown the meat, stirring all the time to keep the mixture on the move to prevent burning. Put in the tinned tomatoes and add tomato purée, red wine (or vinegar) and seasoning to taste. Add the oregano, garlic, a sprinkling of grated nutmeg. Add a good splash of Worcestershire sauce. Turn the heat down to simmer. Place a lid on the saucepan. Cook on top of the cooker for 2 hours, stirring occasionally. Alternatively, place in a pre heated oven, Mark 3/325/160°C with the lid firmly on for two hours. Check the sauce now and then as you may need to add a little water if the sauce thickens too quickly.

#### Serving suggestion

Serve with cooked spaghetti and grated parmesan cheese for an authentic Spaghetti Bolognese. A good mixed salad goes well with this meal – also, you can include a side serving of garlic bread.....Enjoy

#### How to cook the perfect spaghetti to go with it:

Bring a large pan of water to a rapid boil – salt to taste (1 or 2 teaspoons)

Whilst on rapid boil, add the amount of spaghetti that you need. Hold the spaghetti in both hands, then twist it (without actually breaking it, so it looks like an old fashioned wheat sheaf. The reason you do this is so that it fans out at the bottom, and does not stick together.)

Drop the spaghetti into the boiling water, submerge it, and stir, bringing it back to the boil. Then leave it for 8 – 10 minutes. Test to see if it is ready by nibbling on a piece.

Carefully drain into a colander, add a small knob of butter or a dash of olive oil, stir it round so that it isn't sticking together, and serve immediately.

#### Mama Mia's Special Tip:

You can also transform this sauce into a Chilli Con Carne (Con Carne means 'with meat') simply by adding a can of red kidney beans, a chopped chilli and a chopped red pepper and some chilli powder to taste and voila..... you have created the perfect chilli, and no-one will ever know.

They'll think you're a genius in the kitchen.

So be sure to make a large batch of it so that you can simply go to the freezer and whip up a Spag Bog, Lasagne, Cannelloni, or Chilli Con Carne in just a few minutes!

Please feel free to print off this recipe and share it with your friends! And invite them to take part in the fabulous free weekly cooking series, designed to help you eat healthier, save loads of money on your shopping, and help save the planet too