

TRADITIONAL SPAGHETTI BOLOGNESE

Submitted by **fireball**

"i got this recipe from an italian friend on a trip to the spanish isle of mallorca quite a few years ago and cannot find another to touch it."

 Ready In: 2hrs 15mins

 Serves: 4-6

 Ingredients: 19

DIRECTIONS

1. Gently melt the butter & oil in a large pan which can be covered.
2. Add chopped carrot, onion, celery, bacon & bay leaves, gently cook until golden.
3. Add minced steak & garlic, season well with salt & pepper, cook until meat is no longer pink.
4. Add wine, cook until liquid reduces a little, add mushrooms thyme & oregano.
5. Blend the tomato puree with the beef stock, then add to pan along with the tinned tomatoes, stir well then cover and cook on lowest possible heat for a couple of hours. The secret to this dish is long, slow cooking as to allow the flavors to meld.
6. As this dish slowly simmers you will need to add more liquid; use either wine or a little water. I find a little wine does best.

INGREDIENTS

- 1 ounce **butter**
- 1 tablespoon **olive oil**
- 1 **carrot**
- 2 stalks **celery**
- 1 **onion**
- 4 ounces **streaky bacon**
- 1 lb **hamburger** or 1 lb **ground beef**
- 1 (14 ounce) can chopped **tomatoes**
- 2 **bay leaves**
- salt**
- fresh ground black pepper**
- 2 cloves chopped **garlic**
- 4 ounces **mushrooms**
- $\frac{1}{4}$ pint beef stock
- 1 glass **red wine**
- 2 tablespoons double cream
- $\frac{3}{4}$ tablespoon **tomato puree**
- thyme**
- oregano**

7. After two hours or so remove from heat, remove bay leaves, add 2 tbsp of cream, stir well, serve with hot pasta or spaghetti with fresh baked garlic bread and grated cheese.

