

# Bolognaise

## Equipment needed

- Deep frying pan
- Large stockpot
- Small bowl
- Knives
- Chopping boards
- Colander
- Garlic crusher
- Serving bowls
- Tongs

## Ingredients

- 1 kg fresh tomatoes
- 2 carrots
- 2 stalks celery
- 1 onion
- 1 clove garlic
- 600 g minced steak
- 2 tbsp olive oil
- 1 bay leaf
- 2 sprigs oregano
- 2 sprigs parsley
- Salt and pepper
- 2 tbsp olive oil

## What to do

- Collect all ingredients and all equipment.
- Half fill the large pot with water and put on to boil to cook the pasta.
- Peel and dice the onion.
- Peel and crush the garlic.
- Wash and dice the tomatoes.
- Wash and grate the carrot.
- Wash and slice the celery.
- Wash the oregano, remove leaves from stem.
- Wash parsley and chop finely.
- When the onion is ready put the frying pan on to medium heat. Add 1 tbsp oil, then add the onion. Cook for a few minutes until the onion is clear, add garlic and cook for 1 more minute, stirring so it does not brown.
- Remove onion and garlic from pan, put into small bowl. Return pan to heat, add 1 tbsp oil, then add minced steak. Cook over medium-high heat, stirring until meat is browned.
- Return onion to pan. Add carrot, celery, bay leaf, parsley and oregano, sauté for 2 minutes. Add tomatoes and simmer for 15–20 minutes.
- When the pasta has been made, add 1 tsp salt to the water.
- Carefully put the pasta in the boiling water and cook for a few minutes until done.
- Place colander in sink, get an adult to help drain the pasta.
- Return pasta to large pot, add bolognaise sauce and stir to combine.
- Season with salt and pepper (remove bay leaf).
- Serve in bowls.