

Nothing beats a great Spag bol...!



**Preparation Time**

15 minutes

**Cooking Time**

2 Hours

**Ingredients (serves 4)**

2 Tbsp butter

1 medium brown onion, finely chopped

1 medium carrot, finely chopped

3 rashers of bacon with plenty of fat, finely chopped

250g ground pork

400g canned, chopped tomatoes

500ml beef stock

½ tsp sea salt

1 Tbsp finely chopped fresh basil

Spaghetti pasta for 4

2 Tbsp olive oil

1/4 tsp dried chili flakes

1 celery stick, finely chopped

250g ground lean beef

½ cup of red wine (preferably something you're drinking)

1½ Tbsp of tomato paste

1 bay leaf

Freshly ground black pepper

1 Tbsp finely chopped fresh flat-leaf parsley

Parmigiano Reggiano for serving

**Method**

Add butter and oil to a heavy-based saucepan and melt over a medium heat. Add chili flakes, onion, carrot and celery and cook, stirring frequently, for 10 minutes or until golden. Do not burn the onion.

Add the finely chopped bacon and stir, cooking for 5 minutes. Next, add the beef and pork and use a wooden spoon to break up the clumps. Brown the meat lightly.

Turn up the heat to high and add the wine. Boil until evaporated then reduce heat to medium. Add the chopped tomatoes and tomato paste and mix well. Next add the stock, bay leaf and season with salt and pepper.

Bring to the boil then lower heat to medium-low and half cover with a lid. Simmer gently for 1½ hours. Add a little more water to stop the sauce drying out.

Taste sauce and add a little more salt if necessary. Add a little more water to the sauce and simmer for a further 30 minutes. The butter and oil should start to separate on the surface of the sauce. Stir in the fresh herbs and turn off the heat.

At this point you can allow the sauce to cool, then refrigerate and/or freeze or start to prepare the pasta according to packet instructions.

Drain pasta, ladle on a generous helping of bolognese sauce, shave on some Parmigiano Reggiano cheese and serve immediately.