

Spag
Bog

Kate Bottley
Bottley Spag Bog



Ingredients:

3 tbsp	olive oil
450g	lean minced beef
3 tbsp	butter
2	large chopped onions
1	small carrot
4	sticks thinly sliced celery
170g	chopped streaky bacon or pancetta (into small strips)
2 tbsp	tomato puree
1 tbsp	plain flour
425g	chopped tomatoes
125ml	beef stock
1 tbsp	of Henderson's Relish (or Worcestershire sauce)
125ml	red wine
	Salt & black pepper
2 tsp	dried oregano
2 tsp	dried garlic powder
½ tsp	grated nutmeg
2	cloves chopped garlic
3 tbsp	of fresh basil, chopped
300g	Spaghetti

Method:

- 1 Fry the mince with a small amount of oil until it's lost its pinkness, drain and set aside.
- 2 In the same pan, add the butter and the rest of the oil, and then fry the onions, carrot, celery and streaky bacon until softened. Stir in the minced beef and cook for about 10 mins.
- 3 Increase the heat to medium and stir in the tomato puree and the flour and cook for 1–2 minutes. Stir in the tomatoes, stock, relish and wine, and bring to the boil, stirring. Season the sauce with salt and pepper, and stir in the oregano, dried garlic powder and nutmeg.
- 4 Cover the pan and simmer gently for at least 45 minutes. (I cook this really slowly for about 1–2 hours.) Add the crushed garlic and fresh basil just before serving.
- 5 When you're ready, cook your spaghetti/pasta. Drain and drizzle with olive oil.