

# Spaghetti Bolognese: Homemade Spaghetti

## Ingredients for Spaghetti:

100g '00 Pasta Flour' or Strong Plain Flour  
1 Egg  
Pinch Salt

## Ingredients for Bolognese:

400g Canned Chopped Tomatoes  
250g Minced Beef, Lamb or Turkey  
150g Spaghetti  
100ml Water (Only if Mixture is Dry): School to Provide  
20g Cheese: Cheddar or Parmesan (optional)  
2 Basil Leaves: Optional to Garnish  
1 Onion  
1 Clove of Garlic  
1 Carrot  
1 Celery Stick  
1 Tablespoon of Oil  
1 Tablespoon Tomato Purée  
1 Tablespoon Plain Flour (Only if Mixture is Runny): School to Provide  
1 Teaspoon Mixed Herbs  
Additional Vegetables: Mushrooms, Peppers, Courgette (Optional)  
Black Pepper: School to Provide



**Please bring a container  
to take your spaghetti  
Bolognese home in.**



## Method:

1. Weigh and measure out all the ingredients accurately.
2. To make the pasta: place the flour and salt onto the worktop in a heap.
3. Crack the egg into a small bowl and beat with a fork until it is mixed well.
4. Make a well in the centre of the flour and pour in the beaten egg and any additional ingredients to add colour.
5. Bring the mixture together using your fingertips until a soft dough is formed. Add a little more flour if it is too sticky or a little more egg if too dry.
6. Knead well until the dough is no longer sticky / dry, it needs to be elastic.
7. Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
8. Meanwhile to prepare the Bolognese, prepare the vegetables:
  - ◆ Peel and chop the onion
  - ◆ Peel and crush the garlic
  - ◆ Peel and slice the carrot
  - ◆ Finely slice the celery
  - ◆ Prepare any additional ingredients.
9. Fry the meat, garlic, carrot, onion, celery and any other hard vegetables in the oil and cook until the mince is lightly browned (approximately 5 to 10 minutes)
10. Add any other soft vegetables and cook for a further 5 minutes until the vegetables start to go soft.
11. Add the tomatoes, tomato purée, mixed herbs and water (only if mixture is dry) and mix all the ingredients together. Then add a few twists of black pepper.
12. Bring to the boil, and then simmer for 15 minutes. If your meat sauce is looking too runny, add a tablespoon of plain flour.
13. Remove the pasta dough from the fridge. Divide the dough in half and keep the half you are not using wrapped in cling-film.
14. Use a pasta machine to roll the dough into thin sheets and then use the spaghetti adaptor to make into spaghetti strands. Leave to dry on the work surface.
15. Meanwhile, half fill a saucepan with water and a pinch of salt, place on the back of the hob and bring to the boil. Do not add the spaghetti until this is boiling. Cook for approximately 4 minutes until al dente (tender). Once cooked, use a colander to drain the water, return the spaghetti to the empty saucepan, and place on a pan stand.
16. To serve pour some of the Bolognese sauce over the spaghetti. Add some grated cheddar or parmesan cheese. Add basil leaves to garnish.