

Basic Mince

Basic Ingredients:

250g Mince Meat of your Choice or a Vegetarian Alternative
250ml Stock of your Choice or a 400g Tin of Tomatoes
1 Large Onion
1 Level Tablespoon of Plain Flour: School to Provide
Fresh or Dried Seasoning of Your Choice

Additional Ingredients:

Pepper
Mushrooms
Courgette
Carrot
Celery
Swede
1 Tin or Kidney Beans
1 Tin of Baked Beans
Chilli (Fresh, Flakes or Powder)
Garlic
Lea and Perrins



Or any Vegetables of Your Choice



Please bring a container to carry your food home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Place the mince in a large saucepan, place at the front of the heat and throw all the packaging in the bin. **DO NOT** turn the hob on.
3. Peel and chop the vegetables into even sized pieces. Place the vegetables into small bowls.
4. Prepare all other ingredients.
5. To the saucepan containing the mince, add the garlic, onion and any other hard vegetables (carrots, celery, swede) and brown off, this will take approximately 5 minutes. (1 Tablespoon of oil is needed for white meat and Quorn).
6. Add in the soft vegetables and fry for 3 to 5 minutes.
7. Add all other additional ingredients such as the stock / tinned tomatoes and seasoning.
8. Bring to the boil and then reduce the heat and simmer for 10 to 15 minutes until the vegetables are soft. If the sauce looks runny, stir in a tablespoon of plain flour.
9. Use as required.



Modifications:

Meat Sauce for Lasagne: Add a large tin of tomatoes and tomato purée (instead of the stock) and add vegetables of your choice.

Chilli Sauce: Add a tin of red kidney beans, a tin of tomatoes (instead of the stock), vegetables of your choice and chilli powder.

Meat Sauce for Potato Topped Pie: Basic recipe and vegetables of your choice and a tin of tomatoes (instead of the stock).

Curry Sauce: Add curry powder or spices of your choice, a tin of tomatoes (instead of the stock) and add vegetables of your choice.