

### Grade 3

#### Reading Cooking Instructions

#### Cooking Itinerary of Spaghetti Bolognese

Spaghetti Bolognese is a delightful dish loved by many around the world. Originating from Bologna, Italy, it consists of a rich meat sauce served over a bed of tender spaghetti. Let's embark on a culinary adventure to create this delicious meal!

To begin, gather your ingredients: 500 grams of ground beef, one onion, two cloves of garlic, one carrot, one celery stick, 400 grams of canned tomatoes, olive oil, salt, pepper, dried oregano, and basil. You will also need 300 grams of spaghetti and some freshly grated Parmesan cheese for serving.

First, finely chop the onion, garlic, carrot, and celery. This mixture of vegetables is known as a "soffritto" in Italian cooking and provides a flavorful base for our sauce. Heat a splash of olive oil in a large skillet over medium heat. Add the soffritto and sauté until the vegetables are soft and the onion is translucent.

Next, increase the heat and add the ground beef to the skillet. Break the meat apart with a spoon and cook until browned. This process gives the meat a savory flavor and ensures it's cooked thoroughly. Season the meat with salt, pepper, oregano, and basil.

Now, pour in the canned tomatoes and bring the mixture to a simmer. Reduce the heat and let the sauce cook for about 30 minutes, stirring occasionally. This slow cooking time allows the flavors to meld together and creates a rich, hearty sauce.

While the sauce is simmering, bring a large pot of salted water to a boil. Add the spaghetti and cook according to the package instructions until al dente. Drain the pasta and return it to the pot.

Once the sauce has finished cooking, pour it over the cooked spaghetti. Toss everything together until the pasta is well-coated with the sauce. Serve the spaghetti bolognese in bowls, topped with a generous sprinkle of Parmesan cheese.

Enjoy your homemade Italian feast!

Now, let's test your knowledge with some multiple-choice questions:

1. Where does Spaghetti Bolognese originate from?

- A) Rome
- B) Venice
- C) Bologna
- D) Florence

2. How many grams of ground beef are needed?

- A) 300 grams
- B) 400 grams
- C) 500 grams
- D) 600 grams

3. What is the mixture of chopped vegetables called?

- A) Soffritto
- B) Bolognese
- C) Marinara
- D) Ragù

4. How long should the sauce simmer?

- A) 15 minutes
- B) 20 minutes
- C) 30 minutes
- D) 40 minutes

5. What type of cheese is served with Spaghetti Bolognese?

- A) Mozzarella
- B) Cheddar
- C) Parmesan
- D) Gouda

6. What do you do after the pasta is cooked and drained?

- A) Serve it immediately
- B) Return it to the pot
- C) Let it cool
- D) Add olive oil

7. What should you do after adding the ground beef to the skillet?

- A) Cover it with a lid
- B) Break it apart with a spoon
- C) Add more olive oil
- D) Take it off the heat

8. What is the first step in making Spaghetti Bolognese?

- A) Cook the pasta
- B) Brown the meat
- C) Gather your ingredients
- D) Sauté the vegetables

9. Where should the sauce be poured over once it is done cooking?

- A) Directly onto the plates
- B) Into a bowl
- C) Over the cooked spaghetti
- D) Into a serving dish

10. How should the vegetables be prepared for the soffritto?

- A) Sliced
- B) Mashed
- C) Finely chopped
- D) Grated

1. Answer: C) Bologna. The passage mentions that Spaghetti Bolognese originates from Bologna, Italy.
2. Answer: C) 500 grams. The passage states that 500 grams of ground beef are required for the recipe.
3. Answer: A) Soffritto. The passage explains that the mixture of chopped onion, garlic, carrot, and celery is called "soffritto."
4. Answer: C) 30 minutes. The passage indicates that the sauce should simmer for about 30 minutes.
5. Answer: C) Parmesan. The passage mentions that freshly grated Parmesan cheese is served with the dish.
6. Answer: B) Return it to the pot. After draining, the passage instructs to return the pasta to the pot.
7. Answer: B) Break it apart with a spoon. The passage specifies breaking the meat apart with a spoon after adding it to the skillet.
8. Answer: C) Gather your ingredients. The passage starts with gathering ingredients as the first step.

9. Answer: C) Over the cooked spaghetti. The passage instructs to pour the sauce over the cooked spaghetti once it is done cooking.

10. Answer: C) Finely chopped. The passage states that the vegetables for the soffritto should be finely chopped.