

Spaghetti Bolognese (6 portions; 1½ hrs)

For the sauce

2-3 cloves garlic
1 reasonably-sized red onion
4 tbsp olive oil for frying

500g pork mince
500g beef mince
salt to taste

1 large (~650g) jar bolognese sauce
1 tin peeled plum tomatoes
1 tin sweetcorn

1 courgette
1 red or yellow pepper

1 beef stock cuboid
freshly ground black pepper

Finely dice the garlic and onion. Heat the olive oil in the pan and add the garlic & onion. Fry until soft with the dearly beloved wooden spoon.

Add the pork & beef mince and salt to taste. Fry until the meat is cooked through, and boil off some of the juices. Boil the kettle.

Cut the courgette and pepper into chunks and add to the pot. Add the jar of sauce, tomatoes, sweetcorn, and crumble in the stock. Rinse the jar and tomatoes tin with about 1 tin of hot water, add it to the pot, and mix well.

Grind some black peppercorns over the pot with flamboyant style. Bring the pot to the boil, then cover with lid and simmer for about 40 minutes. Top up with hot water if needed.