

Spaghetti Bolognese



A dish we all know well.

It loves long slow cooking to help the flavours develop. Thermal cooking is therefore the ideal method. Not only that it is so simple to prepare.

INGREDIENTS

- " 2 tbs olive oil
- " 200g lardons (Streaky Bacon)
- " 2 celery sticks, finely chopped
- " 2 carrots, finely chopped
- " ½ onion, finely chopped
- " 200g mushrooms, finely chopped
- " 1 garlic clove, finely chopped
- " 500g minced beef
- " 1 tsp smoked paprika
- " 1 tsp thyme
- " 1 tsp oregano
- " 3 tbs tomato purée
- " 100ml white or red wine
- " 300 chicken stock
- " 3 or 4 anchovies
- " 400g dried spaghetti
- " salt and freshly ground black pepper
- " handful of grated Parmesan, to serve

METHOD

- 1. Heat the oil in the inner pot over a low heat. When hot, add the lardons and cook for 4 minutes.**
- 2. Add the vegetables and garlic and cook gently, stirring occasionally to prevent sticking (do not allow to colour).**
- 3. Add the meat and colour slightly for a minute or two.**
- 4. Add the smoked paprika, thyme, oregano and tomato purée. Cook for 4-5 minutes (this ensures it acts as a thickening agent and does not overpower the meat).**
- 5. Pour in the wine, turn up the heat a little and allow to bubble and reduce.**
- 6. Add the stock and anchovies. Bring back to the boil.**
- 7. Put on the lid, turn down to a simmer and simmer for 5 minutes to get everything to the same temperature.**
- 8. Turn off the heat and transfer the inner pot to the insulated outer container.**
- 9. Shut the lid and leave to thermal cook without power for a minimum of 3 hours.**
- 10. 10 minutes before serving put on the spaghetti and cook until it is al dente.**
- 11. Check the seasoning of the bolognese and adjust.**
- 12. To serve either put the spaghetti onto a warmed plate and spoon the bolognese on top or add the spaghetti to the bolognese and serve.**

13. Sprinkled with Parmesan.

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.

www.thermalcookware.com.au