

# Creative Cooking

## Thursday 14<sup>th</sup> May 2020

### Spaghetti Bolognese

Ingredients: (use as much or as little as you like)

500 g mince	Paprika
1 medium - large onion, sliced	Worcestershire sauce
300 g mushrooms, sliced	2 Bay leaves
2 small or 1 medium carrot, diced	Thyme
1 medium zucchini, diced	Salt
(or other vegetables you like e.g. frozen mix)	Pepper
1-2 gloves diced/crushed or equal garlic	Olive oil
granules (always to taste)	Butter
1 bottle of pasta sauce	Parmesan / Cheddar Cheese
1 tin of tomatoes, preferably diced	<b>Equipment Needed</b>
Tomato paste	Fry pan, saucepan or pot

Preparation:

Cut up all vegies and place in seperate containers - (Bought 4 for \$2 at Woolworths)



## Spaghetti Bolognese - Continued

### Method:

1. Pre-heat fry pan till hot and then add a small amount of Olive Oil (or oil of choice) and heat gently
2. Cook mince over medium heat, breaking up with a spatula
3. Season mince with a dash of Worcestershire sauce, pepper and paprika (all to your preferred tasting)
4. At same time, add into a saucepan the following ingredients and slowly heat up:
  - Bottle of Pasta Sauce
  - 1 tin of diced tomatoes
  - Tomato paste
  - 2 Bay leaves
  - Garlic
5. Once mince is cooked, add to the saucepan
6. Add carrots to frypan and fry for 2 minutes, keep turning. Add to the saucepan
7. Add a splash of oil and the mushrooms (add butter when almost cooked for flavour), fry off just to add a bit of colour then add to the saucepan
8. Add onions to the frypan and fry until they start softening then add to the saucepan
9. Next add the zucchini and fry off just to add a bit of colour, then add to the saucepan
10. If using frozen vegetables, add straight into the saucepan
11. Continue to simmer the saucepan on low heat
12. Season to taste with:
  - Salt
  - Pepper
  - Paprika
  - Worcestershire sauce
  - Tomato paste
  - Thyme
13. Cook spaghetti or pasta according to directions on packet
14. Drain spaghetti, serve on to plates. Add Bolognese sauce to pasta
15. Serve with Parmesan or Cheddar cheese, salad and garlic bread

### Notes:

For best flavour, I usually start mine just after lunch or by 3ish. This allows it to simmer and the flavours to penetrate. It will always be richer in flavour the next day.

## Garlic Bread

### Ingredients

1 x Turkish style roll or small loaf

125 g unsalted butter, softened

3 cloves garlic, finely chopped

1/2 cup curly parsley, chopped

1 sheet of aluminium foil, to fit and wrap around your bread

### Method

1. Pre-heat oven at 200°C
2. In a bowl, place butter garlic and parsley
3. Melt butter in microwave for 10 seconds
4. Add garlic and parsley to butter - mix with a fork
5. Slice bread halfway through and spread butter mix between bread, close bread
6. Wrap bread in foil
7. Bake in oven for 10 – 12 mins or until bread is golden and butter is melted
8. Serve and enjoy with pasta dish



## Green Salad

### Ingredients

#### Salad

- 1 small packet of mixed salad greens
- 1 Lebanese cucumber, sliced
- 6 Cherry tomatoes, cut in half
- 1/4 red onion, sliced

#### Salad dressing:

- 2 tablespoon Olive oil
  - 2 tablespoon Balsamic Vinegar
  - a pinch of salt and cracked pepper
- Mix in a small bowl with fork or whisk until well combined.

### Method

1. Toss all ingredients in bowl and drizzle dressing over salad
2. Serve as a side to the pasta meal and garlic bread
3. Eat and enjoy



## Lasagne

### Ingredients

Left over Bolognese sauce

1 tin diced tomatoes  
(added moisture helps lasagne sheets to cook)

3 Lasagne sheets

Bechamel Sauce (see recipe below)

Grated Cheese – Mozzarella or preferred  
cheese

### Method

1. Preheat oven to 190-200°C
2. In a pan place a layer of Bolognese mix, lay lasagne sheets on top
3. Spread a layer of Bolognese mix over lasagne sheets then layer with more lasagne sheets
4. If your dish is deep enough and there is enough Bolognese mix left, add one more layer
5. Cover top layer of lasagne sheet with more Bolognese mix
6. Top Bolognese sauce with Béchamel sauce
7. Cover in aluminium foil (You may want to sit it on a large oven tray as it may bubble over)
8. Place in oven and cook for approximately 35 mins
9. Remove and check if pasta sheets are cooked  
(Fork or knife should pass through the sheets easily)
10. Cook for longer if needed (Usually takes an hour to cook)
11. When lasagne sheets are cooked, sprinkle grated cheese over top of Bechamel sauce and return to oven for 10 mins or till cheese to melts/browns
12. Serve with salad, garlic bread, or just by itself.



## Béchamel Sauce

### Ingredients

1 tablespoon plain flour

1 tablespoon butter

$\frac{3}{4}$  cup milk - to start with

Handful of cheese

### Method

1. Melt butter in saucepan on low heat
2. Add flour and mix into a paste
3. Add milk slowly and stir I use whisk to dissolve paste in the milk and then a square spatula to stir. Be careful stirring the milk as it may splash you.
4. When close to custardy consistency add cheese and melt into mix.
5. When melted then add to lasagne when it is ready

Note - Ratio: 1  $\frac{1}{2}$  tbs flour = 1 cup of milk

