



Spaghetti bolognese

One pound of minced beef
One large onion (Chopped)
2 garlic cloves (Chopped) or 3 inches of garlic puree
A heaped table spoon full of Juvela flour mix

Cook the meat in a frying pan, stirring until all the grains have separated, then add the onion and garlic.

Cover and simmer for about 20 minutes

Add the flour and stir to make a roux

meanwhile in a large pan place the following:

One tin of chopped tomatoes
One and a half inches of tomato paste
Half a tin of water
One Knorr vegetable cube
Two Bovril cubes
1/2 a teaspoon of salt
A good sprinkling of black ground peppercorns.

Bring the mixture to the boil, and add the contents of the frying pan, stirring well. Simmer gently for an hour, stirring occasionally

Split into two, saving half for future use as spaghetti bolognese or Chilli Concarne

Just before serving. add 1 tea spoon of dried oregano and 1 tea spoon of dried marjorum Stir well and serve with Spaghetti allowing 2 ounces per person

Boil the spaghetti in lots of salted water for 8 minutes. DO NOT STIR.

Drain and serve with the sauce. and grated Cheddar cheese if liked



This recipe has been brought to you by The Cream Of Tartar Company Limited

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