

Shredded Beef Bolognese

- 1 tbsp olive oil
-
- 650g stewing/braising beef
-
- 1 onion, finely diced
-
- 2 carrots, peeled, grated and chopped
-
- 2 celery sticks, finely diced
-
- 4 cloves of garlic, peeled and grated
-
- 1 tbsp. paprika
-
- 2 tbsp. tomato puree
-
- 1 tbsp. red pesto
-
- 2 bay leaves
-
- 2 tsp dried oregano
-
- Handful fresh thyme stems
-
- 250ml red wine
-
- 400ml tin chopped tomatoes
-
- 600ml good quality beef stock
-
- 2 tbsp. Worcestershire sauce
-
- 1 tbsp. soft brown sugar
-
- Handful basil leaves roughly chopped

Method

Season the beef with salt and pepper.

Heat the oil and brown the beef on all sides, set aside.

Add the onions, carrots and celery to the pan and sauté until soft, add a little more oil if needed.

Add the garlic, paprika, puree and pesto and cook for another minute.

Add the thyme, oregano and bay leaves.

Pour in the red wine and let this bubble and reduce to half its size.

Add the tin of tomatoes and the stock and stir.

Add the Worcestershire sauce and place the beef back into the pan, cover and simmer for around 2 hours until the meat is tender.

Carefully remove the meat from the pan and set aside. Remove any thyme stems. Turn up the heat on the sauce, add the sugar and taste for seasoning.

Shred the beef and add into the sauce.

Add the basil leaves and stir.

Serve with spaghetti and a drizzle of extra virgin olive oil.