Hampton Gay bolognese

*Serves: 2-4 people*

**Ingredients**

1 onion, diced

1 large carrots, diced

1 stick of celery, diced

2 garlic cloves, minced

500g [Hampton Gay minced beef](https://shop.hamptongay.com/individual-beef-cuts/beef-mince)

2 bay leaves

1L of milk

250ml of red/white wine

2 cans of plum tomatoes

1 tbsp tomato paste

2 tbsp tomato ketchup

1 packet of [Pastificio Carleschi spelt pasta](https://shop.hamptongay.com/groceries/organic-spelt-pasta)

**Method**

Gently fry the equal parts of onion, carrot and celery until golden brown. Then add the garlic and fry gently for 1 minute

Add the minced beef to the mixture and cook until brown all over

Add the milk and bay leaves to the mince. Leave to evaporate almost completely (this will take between 30mins-1hour)

Add the red wine and let it evaporate until half of the red wine has gone (or until there stops being an alcohol smell to the sauce)

Add both cans of plum tomatoes, 1bsp of tomato paste and 2 tbsp of ketchup to the sauce

Allow to simmer gently over a low heat for about an hour stirring every 15mins or so until you have a nice thick sauce.

We recommend cooking this in the morning and then leaving to cool until the evening (if you do this, make sure you leave a bit of extra liquid in the sauce for heating up later). It causes the mince to become even more tender until it melts in your mouth.

Once ready to serve put your pasta on to cook.

Serve with a generous grating of parmesan.