

Handy Hints for Basic Sauces

Making Bolognese Sauce

➤ Ingredients

250gm beef mince
1 small tub tomato paste (140gm)
1 tbs olive oil
1 onion or leek
1 tub **Latina Tomato & Garlic** sauce
1 medium carrot grated
1/2 red capsicum finely chopped
2 cloves of garlic finely chopped



1. Finely chop onion/leek, garlic and red capsicum, grate carrot.
2. In a saucepan on medium heat brown mince in oil for a few minutes.
3. Add onion/leek, garlic, carrot, capsicum, tomato paste and tub of **Latina Tomato & Garlic sauce**, fill tub with hot water and add. Handle hot tub with SiliconWare gloves to avoid burns. Salt and pepper to taste.
4. Stir and cover with lid. Lower heat and stir every 5 minutes for 30 minutes.

Making Béchamel Sauce

➤ Ingredients

2 cups shredded light tasty or mozzarella cheese
1/2 cup corn flour
1 litre milk (4 cups) of milk
25 gm butter
1 egg

1. In a saucepan melt butter, add cornflour and combine. Spoon mix into a bowl and set aside.
2. Add milk to saucepan & slowly warm over low heat. Add cornflour/butter mix to warm milk and stir slowly and constantly on low heat for 10 minutes until thickened.
3. Add 2 cups cheese and stir until melted. Season with salt and pepper to taste.
4. Turn off heat, add 25gm butter, stir quickly for 1 minute.
5. Add egg and stir very quickly for 1 minute.
6. If not using sauce immediately, to prevent "skin" forming, cover with lid.