

Spaghetti Bolognese

with Dough Balls



Ingredients

Serves 4
(makes 16 dough balls)

For the Bolognese

A splash of rapeseed oil
400g beef mince
(5% fat if you can)
1 celery stick, diced
1 carrot, peeled & grated
1 courgette, grated
1 tbsp tomato purée
1 beef stock pot
(reduced salt if possible)
500ml hot water
300g wholewheat spaghetti
1 portion of tomato sauce
(See The Super Yummy Kitchen for recipe)

Optional

Handful of grated
Parmesan/cheddar

For the Dough Balls

35g butter
100g strong white bread flour
100g strong wholemeal bread flour
2 tsp caster sugar
5g dried yeast
A splash of oil



Method



There will be some
sauce left over - pop in
fridge or freezer for next
time!



Preheat the oven to 180°C

For the Dough Balls

- 1 Heat 120ml of water until steaming. Add the butter, to melt it. Set aside to cool.
- 2 Put both flours in a big bowl with the yeast and sugar. Pour in the melted butter water and give it a good mix.
- 3 Knead for 10 min on a lightly floured surface (or 5 min in an upright mixer).
- 4 Clean the bowl out, rubbing a little oil on the inside and on a piece of cling film, too.
- 5 Put the dough back in the bowl, cover with the cling film (oiled side to dough) and leave in a warm place for 1.5-2 hours until it has doubled in size.
- 6 Now move on to steps 1-4 for the Bolognese.
- 7 Once the dough has doubled in size, lightly grease a baking tray and tip the dough onto a lightly floured surface.
- 8 Give it a quick 2 minute knead before rolling into walnut sized balls- try to avoid any cracks on the surface!
- 9 Cover with the same bit of oily clingfilm and return it to the warm place for another 30 minutes.
- 10 Pop in the oven for 25-30 minutes until a little brown on top.
- 11 Brush with a little butter to make them shiny, and they're ready!

For the Spaghetti Bolognese

- 1 Heat the oil in a wide, ovenproof pan until hot.
- 2 Fry the meat until it begins to go brown, then add the celery, carrot and courgette- stirring from time to time until the veg starts softening.
- 3 Add the tomato sauce, tomato purée, stock pot and 500ml hot water carefully to the pan and simmer for 10 minutes, stirring occasionally.
- 4 Pop a lid on top and cook in the oven for 1 hour.
- 5 Now take a break and wait for your dough to prove (double in size).
- 6 After an hour in the oven, take the Bolognese out to rest and develop in flavour.
- 7 Bring a pan of water to the boil with a splash of oil and cover with a lid.
- 8 Cook the spaghetti according to packet instructions in the pan of hot water.
- 9 Drain the spaghetti once fully cooked, plate up with your Bolognese on top and serve with the dough balls.