

YEAR 8 FOOD MODULE 2

RAGU

INGREDIENTS

1 onion
1 clove garlic
Handful fresh basil
1x 15ml spoon oil
2x 400g canned chopped tomatoes
Black pepper

METHOD

- 1 Prepare the vegetables
Peel and chop the onion
Peel and crush the garlic
Tear the basil leaves
- 2 Fry the onion and the garlic in the oil for 5 minutes until soft
- 3 Add the tomatoes and the basil
- 4 Add a few twists of black pepper, then allow to simmer for 30 minutes
(longer if possible)

TOP TIPS

Use dried herbs if you do not have fresh.

Add a chopped fresh chilli for a sauce with a kick.

Add 75g mushrooms and 75g courgette after stage 2 for a simple veggie sauce.

Add and brown 200g minced beef after stage 2 for a simple meat sauce.

Stir in black olives and tuna for a fish alternative.

Pour the sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.