

## Savoury mince – lesson 1

### Ingredients:

2 large onion  
2 sticks celery  
2 large grated carrot  
200g mushrooms

### Notes

- **Wash all vegetables at home**

### Method:

- 1) Chop the onions, celery and mushrooms into small even sized pieces.
- 2) Coarsely grate carrot.

## Savoury mince – lesson 2 - Bolognese

### Ingredients for Bolognese:

1kg minced beef or Quorn  
250ml beef stock  
2tbsp tomato puree  
400g tin chopped tomatoes  
Additional 2tblsps tomato puree  
1 tsp mixed herbs  
Clove of garlic



### Notes

- **Wash all vegetables at home**
- **Use lean mince for healthier version**

### Method:

- 1) Place mince in sauce pan, brown over a medium using a wooden spoon to break meat down.
- 2) When no red coloured mince can be seen, add all prepared vegetables and cook for further 5 minutes or until the onion softens.
- 3) Add stock and tomato puree, reduce heat and simmer for 20 mins
- 4) Divide savoury mince in half - box one half for the freezer, leaving other half in saucepan.
- 5) Add tomatoes, garlic, remaining tomato puree and herbs to the saucepan, stir well and simmer for 15mins.

## Savoury mince – lesson 3 – cottage pie

### Ingredients for cottage pie

1kg old, floury potatoes (suitable for mashing)  
25g butter or margarine  
3tblsps milk

Optional: 100g/4oz mature cheddar cheese

### Notes

- **Please bring 2-3 pint ovenproof dish and foil to cover and take home.**
- **Substitute lower fat versions, or leave out cheese, butter and milk for healthier**
- **Check allergies of consumer before serving.**

### Method:

- 1) Place defrosted savoury mince in the bottom of ovenproof dish.
- 2) Peel and cut potatoes into even sized pieces. Place in a saucepan with enough boiling water to cover and bring to the boil.
- 3) Reduce the heat and simmer gently until the potatoes are soft when a knife is inserted into the middle.
- 4) Strain potatoes and return to the pan
- 5) Add the butter and milk and mash until creamy.
- 6) Either add the cheese and mix in or save for as a topping.
- 7) Using a fork, spread mashed potato on top of savoury mince layer. Sprinkle cheese over the top of the potato layer if using.
- 8) Bake cottage pie in the oven for 30-35 mins at 200C or until the top is golden brown.