

Ragu

Ingredients

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



Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - tear the basil leaves.
2. Fry the onion and 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 gently for 30 minutes (longer if possible).

Top Tips

- Use dried herbs if you do not have fresh.
- Add a chopped fresh red 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.

Skills

- Using a knife
- Preparing an onion
- Using the hob
- Measuring

