

FEED YOUR FAMILY



Hugh Fearnley-Whittingstall's Mixed meats ragu

Presenter, writer, and all round top foodie Hugh Fearnley-Whittingstall is passionate about how thoughtful and creative cooking can save money and cut down on the food we needlessly throw away. www.rivercottage.net

“ You can use leftover pork, beef, lamb, or even a few sausages for this, and of course you can augment it with some fresh mince too, to make the ragu go further.

SERVES 6

INGREDIENTS

500-750g leftover cold meat and/or fresh minced meat
Two to three tbsp rapeseed or olive oil
Three or four rashers of streaky bacon or pancetta, finely chopped
Glass of red wine
Two garlic cloves, finely chopped
A large onion, finely chopped
Two tins chopped tomatoes
200-300ml stock or water
Two bay leaves
Sprig of thyme and/or parsley (optional)
Salt and freshly ground black pepper

METHOD

Pick over your leftover meat. Put any bones, skin and gristle aside for stock, and put the 'good' meat on a chopping board (don't be afraid to include a little fat too). Chop the meat finely or mince coarsely.

Heat one tbsp oil in a large frying pan. Add the bacon or pancetta and fry until the fat runs. Transfer to a large casserole, leaving the fat behind. Add a little more oil to the pan if needed and brown the chopped/minced meat, doing it in batches if necessary, to avoid crowding the pan. Transfer the meat to the casserole. Deglaze the browning pan with the red wine and add this to the casserole too.

Now make a quick tomato sauce. Wipe out the frying pan with kitchen roll, and add another one tbsp oil. Add the garlic and onion and sweat gently for about ten minutes, or until soft. Add the tomatoes, bring to a gentle simmer and cook, stirring from time to time, for about 15 minutes to reduce and thicken. Add the tomatoes to the meat, with enough stock or water to just cover everything. Throw in the bay leaves – and a sprig of thyme and/or parsley too, if you have any. Season generously. Bring to a simmer and cook gently, uncovered, for at least an hour, until thick, rich and mellow. Serve with gnocchi, or pasta. ”

NO! LET ME HAVE YOUR LEFTOVERS!



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STARVE YOUR BIN