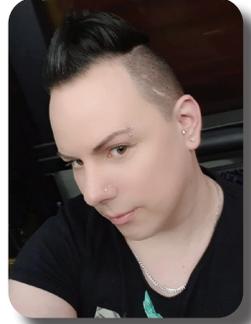


q cuisine: with HOME COOK HYLTON

When people ask me, as they often do, from whence I get my recipes, it's quite a difficult question to answer concisely. The recipes that live in my head, as many do, are a culmination of multiple sources. I have shelves of cookbooks and magazines to which I refer if I'm looking for inspiration, but also tips passed down to me from my mother, and little tidbits I've picked up from other sources make up the recipes I use.

Bolognese sauce has been a staple of mine for years. Anna Del Conte, one of the world's foremost authorities on all things Italian, incorporates cream at the end of her Bolognese, and Maggie Beer's key ingredient to any Bolognese sauce is chicken livers. It was only once I was older that I remembered my bewilderment at my mother adding chicken livers and cream to her Bolognese as I was growing up, but it really does make this recipe as tasty as it is.

I often double or quadruple this recipe and freeze the sauce so that if I find myself with unexpected or short-notice dinner guests, I can defrost some sauce, cook some pasta, et voila!



- 175g shortcut bacon, finely diced
- 2-3 cloves of garlic, minced
- Large brown onion, finely diced
- Large carrot, finely diced
- 1-2 celery stalks, finely diced
- 200g button mushrooms, halved and thinly sliced (optional)
- Red cayenne chilli, finely diced (optional)
- 500g pork mince
- 150g chicken livers, finely chopped
- 2 cups (500mL) chicken stock (you can use beef stock if you prefer a much richer sauce)
- 1 cup (250mL) tomato purée (passata)
- 1/2 cup red wine
- Pinch of freshly grated nutmeg
- Bay leaf
- 150mL (or more) thickened cream



1. Heat a large, non-stick frying pan (I use a massive wok for my big batches) over medium-high heat.
2. Add bacon to pan and cook, stirring constantly until nice and crispy. The fat from the bacon should oil the pan nicely, but add some olive oil if you find it sticking.
3. Once the bacon has cooked, add the garlic, onion, carrot, celery, mushroom and chilli to the pan and cook, stirring regularly, until slightly softened, about 5-10 minutes.
4. Add the pork mince and cook until browned, ensuring your break up any big lumps.
5. Add chicken livers and cook until they change colour.
6. Stir in stock, passata, wine, nutmeg and bay leaf and bring to the boil.
7. Reduce heat to low and simmer, uncovered for 2-5 hours. The higher the heat, the quicker it will reduce, but conversely, the longer it is left on the stove, the more flavoursome your sauce will be. Be sure to stir your sauce occasionally to prevent sticking
8. Once sauce has reduced and thickened, turn your sauce with a spoon until you find your bay leaf, and remove it.
9. Add the cream and reduce for a further 30 mins.
10. Serve with your choice of pasta, garnished with freshly grated parmesan.

Note: you can add the mushrooms at a later stage, when you add the cream, as mushrooms can tend to get a bit chewy the longer they are cooked, but I'm someone that likes less steps in a long cooking job, and I feel they give a better texture. As with all of my recipes, play around, see what you prefer, it's really up to you.