

### TOMATO SAUCE

**Cooking time:** 35 minutes

#### WHAT YOU NEED:

1 medium saucepan

#### INGREDIENTS

2 tablespoon or 30ml olive oil or vegetable oil  
1 large onion (approx. 250g) peeled and diced  
1 carrot (approx. 125g) peeled and diced  
1 stick celery (approx. 50g) top and tailed, diced  
4 cloves garlic, peeled and sliced  
¼ teaspoon dried oregano or thyme or mixed herbs  
1 x 400g tin diced tomatoes  
1 dessert spoon tomato puree (approx. 30g)  
Sea salt and black pepper

#### METHOD

Warm a medium saucepan over a low to medium heat and add the oil. Warm the oil before adding the onion and carrot, cook these gently for 5-7 minutes until the onion starts to become translucent.

Now add the celery, garlic and dried herbs and continue to cook for a further 5-7 minutes until the celery is fully softened.

Add the tinned tomatoes, tomato puree, a good pinch of salt and 6 good twists of black pepper. Bring the contents of the pan to a simmer stirring constantly. Reduce the heat and simmer gently cook for 10-12 minutes, stirring occasionally.

The sauce should be thick and rich and ready to use.

### MEAT SAUCE

**Cooking time:** 35 minutes

#### WHAT YOU NEED:

1 large saucepan

#### INGREDIENTS

1 tablespoon olive oil or vegetable oil  
500g minced turkey, beef, pork or lamb  
1 recipe batch tomato sauce  
Sea salt and black pepper

#### METHOD

Warm a large saucepan over a medium heat and add the oil.

Add the minced meat and fry, stirring, until it is well browned, approx. 6-8 minutes.

Add 150ml of water and stir the pan to release any meat stuck to the bottom of the pan before adding the tomato sauce.

Bring the contents of the pan to a simmer and cook gently, stirring occasionally, for 15-20 minutes, check the seasoning before serving.

### WHITE SAUCE #1

**Cooking time:** 15 minutes

#### WHAT YOU NEED:

1 medium saucepan

#### INGREDIENTS

500ml full fat milk  
2 tablespoons or 40g cornflour mixed with an equal volume of water  
Sea salt and blackpepper

#### METHOD

In a medium pan, bring the milk gently to the boil. Once to the boil reduce the heat to a simmer.

Pour the cornflour mix into the milk whisking as you do so. Continue to whisk the mix on a gentle heat for 2 minutes, season with salt and pepper and the sauce is ready.

## WHITE SAUCE #2

**Cooking time:** 25 minutes

### WHAT YOU NEED:

1 medium saucepan  
1 bowl

### INGREDIENTS

500ml full fat milk  
50g sliced onion  
3 cloves  
1 bay leaf  
4 grates of nutmeg  
50g butter or margarine  
50g plain flour  
Sea salt and black pepper

## Pasta Sauces

**Bernard  
Matthews**  
farms

### METHOD

In a medium pan place the milk, onion, cloves, bay leaf and nutmeg and gently warm to infuse the flavours.

Meanwhile mix the butter and flour in a bowl with a fork until it forms a paste.

Once the milk mix has had a few minutes to infuse begin to add the flour paste a little at a time using a whisk, ensuring that the sauce does not boil or catch on the bottom.

Once all the flour mix is incorporated continue to cook gently using the whisk to mix and scrape down the sides and bottom of the pan for 12- 15 minutes. Season with salt and pepper and strain the mix using a sieve.

## OR TRY SOMETHING DIFFERENT WITH INGREDIENTS FOR MIX AND MATCH PASTA DISHES

Peas, sweetcorn, broccoli, spinach, green beans, tinned pulses (beans, lentils, chickpeas), cherry tomatoes, courgette, aubergine, peppers (fresh or jar), chilli, artichoke, cabbage, leeks.

Grated cheddar (or similar British hard cheese), parmesan, mozzarella, blue cheese.

Tinned tuna, smoked mackerel, smoked salmon, fresh salmon, prawns, any white fish, smoked haddock, anchovy, tinned sardines or pilchards.

Ham, bacon, chorizo, salami, turkey.

Pesto, capers, olives, pine kernels, pumpkin seeds, sunflower seeds or sesame seeds.



## PASTA

Try any shapes and colours, including lasagne and macaroni for baked dishes, or mix the shapes as the Italians would in soups for children.

Follow portion and cooking instructions on the pack.

