

Lesson 6 – Environmental impact of animal proteins

Recipe: Spaghetti Bolognaise

Teaching notes:

Individual centres to decide if students work individually, in pairs or in 4s, depending on students ability and levels. i.e. potential strategies for differentiation/ stretch & challenge.

Standard recipe portions: 1
Number of students: 50



Ingredients	Quantity (Units: in g, ml or each)	Food order minimum quantity estimate for the class (Units: in kg, l or each)
Butter or oil (ml)	10	0.5
Onion chopped(g)	50	2.5
Clove of garlic (g)	15	0.75
Minced beef(g)	100	5
Jus lie(ml)	40	2
Tomato puree(kg)	30	1.5
Mushroom, sliced(kg)	40	2
Parmesan(optional)	20	1
Spaghetti(dry)(kg)	25	1.25
Oregano (each)	0.1	0.005
Miscellaneous(salt , pepper etc..)	-	-

Method

1. Place half the butter/ oil in a sauteuse.
2. Add onion & garlic , sweat without colour.
3. Add the beef and cook until lightly brown.
4. Add the Jus lie, tomato puree and oregano.
5. Mix well and simmer until beef become separated and tender.
6. Add mushroom and finish cooking.
7. Cook spaghetti as instructed on the pack.
8. Drain the spaghetti and add the remaining oil/ butter to stop sticking together.
9. Taste the bolognaise sauce and adjust the seasoning.
10. Serve spaghetti bolognaise (Sprinkled with grated parmesan if required).

Equipment	Quantities
Saucepan	2
Spoons	2
Wooden spoons	1
Ladle	1
Strainer/ Colander	1
Fork	1
Bowls	3
Trays	2
Cheese grater	1

