

# The Sailing Chef

## SAUCE BOLO GNAISE

### Ingredients:

- 1 kg of ground beef
- 200 gr of smoked bacon
- 1 can of sliced mushrooms
- 1 big can of crushed tomatoes (450gr)
- 1 small can of tomato paste (150gr)
- 1 onion
- 1 or 2 carrots diced
- 6 garlic cloves
- 2 dl of red wine
- Sugar, Salt, pepper and bay leaves
- Olive Oil
- Empty jar

### Preparation:

1: Cook in a sauté pan. Sauté the bacon and the onion and 6 cloves of garlic, coarsely chopped, in hot olive oil over low heat to prevent burning. Stir often.

2: When the onions have browned, add the diced carrots and turnip and cook over medium heat for 5 minutes, stirring frequently.

3: Add 1kg of ground beef and cook, stirring often, until the meat is slightly cooked.

4: Add mushrooms and stir.

5: Add wine and simmer over medium heat until wine has almost completely evaporated.

6: Add the jar of tomatoes and the can of tomato paste and stir. Reduce heat.

7: Add 4 pinches caster sugar, salt and pepper (Warning:

not too much, it's better to add more later), any herbes de Provence and bay leaves.

8: Mix and cook for 45 minutes to 1 hour, until the juice from the peeled tomatoes has practically evaporated. Stir occasionally during cooking, but do not cover with a lid.

9: Remove bay leaves. Place in jar immediately, close lid and sterilize for 1 h at 100°C.

Enjoy et Bon Appetit!



Very nice with pasta, lasagna, rice, and tacos or wrap!

