

Starfrit : Spaghetti sauce

Recipe for 4 persons



Description

Your homemade Starfrit spaghetti sauce!

Ingredients

Spaghetti sauce

- 2 Kg Ground pork
- 0.50 Cup(s) White wine
- 10 Clove(s) Chopped garlic
- 4 Tsp Chili flakes
- 2 Tsp Fennel seeds
- 5 Sprig(s) Celery
- 4 Unit(s) Onion
- 4 Unit(s) Carrot
- 5 Unit(s) Red pepper
- 3 Unit(s) Zucchini
- 1 Cello Button mushrooms
- 1 Can(s) Tomato paste
- 5 Kg Italian tomatoes
- 12 Cup(s) Tomato juice
- 1 Tbsp Oregano
- 3 Leaf(ves) Bay leaf
- 1.50 Cup(s) Japanese breadcrumbs (panko)
- Olive oil
- Salt and pepper

Preparation

- Preparation time **180 mins**

Preparation

Crush the fennel seeds. Slice the celery, the carrots and the zucchini. Dice the onions. Clean and cut the peppers.

Put your tomatoes for 30 sec in boiling water then in cold water to easily remove the skin or use canned tomatoes. Dice the tomatoes.

Spaghetti sauce

In a bowl, mix with your fingers the pork, the wine, half of the garlic, spices, salt and pepper.

In a hot pan with oil, cook the meat. Stir to crumble with a wooden spoon.

In a large pot, cook the vegetables with a bit of oil and let evaporate the humidity.

In another pan, cook the rest of the garlic with tomato paste and oil for 2 minutes. Add to the vegetables in the pot.

Add also the tomatoes, bay leaves, origano and the cooked meat. Bring to a boil, reduce the heat and let it simmer for 2h30, stirring from time to time.

Add the panko bread crumbs, cook for another 15 minutes. Season to taste.

Bon appétit!