

RECIPE FOR MY ITALIAN SPAGHETTI SAUCE.

By Ghislain Bonneau at gbphotodidactical.ca

Last Revision 2012-11-08

(Very thick sauce and moderately spicy.)

Preparation Time: 45 minutes

Cooking Time: 2 hours.

This recipe should fill about 8 to 10 (5 cup) plastic containers for the freezer.

To succeed to do my recipe perfectly you must take extra care to use only the recommended quantity and portions as suggested in my recipe.

SPICE MIX:

- ½ Tea spoon of ground Cayenne pepper.
- ¾ Tea spoon of Ground Chilli Powder.
- ¼ Tea spoon of Ground Sage.
- ¼ Tea spoon of Ground Savoy.
- 2 Tea spoon of Italian spices mix.
- ¾ Tea spoon of Ground Oregano.
- 2 Table Spoon of Cilantro in flakes.
- 1 Table Spoon of Garlic Powder.
- 1 Tea Spoon of Lemon Pepper.
- 1 Tea Spoon of Curry (Medium)
- 1 Tea Spoon of Onion Salt.
- ¼ Tea Spoon of Ground Mustard.

Prepare all the above and put aside for now.

THE VEGGIES:

- 2 Medium Spanish onion
- 2 Red Pepper.
- 2 Green Pepper.
- 15 White mushrooms (large).
- 12 Small baby carrots
- 1 Whole Celery stalk. (Medium size)
- 1 Tea Spoon of salt.



Cut and dice all the above ingredients in small pieces and put them all with only the salt in a **16 litter (17 quarts) cooking pot**. Reduce at high heat and continuously stir and turn the veggies with a large spoon or spatula. Keep reducing the veggies at high heat until all veggies are down to about half their original size then **drain the veggies** and put them aside into another container for now. Remove all liquid left from the cooking pot before doing the next step.

THE TOMATOES

6 Beefsteak Tomatoes and 1 Tea Spoon of Salt.

I use Beefsteak tomatoes because they have lots of fibers and are less watery than any other tomatoes and they are also very tasty. Cut and dice the tomatoes as small as you can and squeeze as much water out from them then reduce at high heat with the salt and then **drain the tomatoes** and put aside for now. Discard all the liquids.



THE MEAT:

1.2 kg. of Extra Lean ground Beef

1.2 kg. of Lean ground Pork

1 Table spoon of Salt.

Use the same large 16 liter pot that you used to cook the veggies and place the meats in it and continuously turning and breaking the meat with a large spoon or spatula. Cook at high heat until all the meat is well browned and broken into small pieces. **(Do not drain the meat, keep as is)**

Then add to the meat all the drained veggies and the drained Tomatoes and the Spice Mix your prepared earlier. Lower the heat to medium while you add the remaining ingredients below in the pot.

INGREDIENTS FOR THE TOMATO SAUCE:

6 Cans of (HUNT'S Original) tomato sauce of 680 ml.

3 Cans of (HUNT'S Original) tomato paste of 369 ml.

3 Table spoon of Beef Bovril.

3 Table spoon of brown sugar.

3 Table spoon of White Vinegar.

Mix well all the above ingredients and cover the pot and let simmer at **low heat** for 1 hour. Keep stirring the sauce every 5 minutes. After the first hour of a gentle boil with the cover on, remove the lid. Let the sauce cook at a gentle boil for another 1 hours and keep stirring the sauce every 5 minutes until done. If the heat is too high you risk burning the sauce at the bottom of the pot. So be extra careful because too much heat would ruin the sauce since it would have a burn taste to it. After a total of 2 hours of a gentle boil the sauce should be reduced enough and be very thick and very tasty. Cool down the sauce then pour in the containers for the freezer.



BON APPÉTIT.