

PRESSURE CAN BOLOGNESE SAUCE



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- ☒ Spatula
- ☒ Sharp knife
- ☒ Chopping board
- ☒ Pressure Canner
- ☒ Large saucepan
- ☒ Large mixing spoon
- ☒
- ☒ Wide mouth funnel
- ☒ Ladle
- ☒ Small bowl and kitchen paper

Jars, Lids & Labels

The recipe makes makes approx 2 x 500g/16oz jars

Don't forget lids to fit your jars and some labels

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

INGREDIENTS

- | | | |
|-------------------------------------|-------------------------|----------|
| <input checked="" type="checkbox"/> | Steak mince | 750g |
| <input checked="" type="checkbox"/> | pork sausagemeat | 454g |
| <input checked="" type="checkbox"/> | Rashers streaky bacon | 4 each |
| <input checked="" type="checkbox"/> | Large onion | 1 each |
| <input checked="" type="checkbox"/> | Garlic cloves | 4 each |
| <input checked="" type="checkbox"/> | Carrots | 250g |
| <input checked="" type="checkbox"/> | Mushrooms | 250g |
| <input checked="" type="checkbox"/> | Passata/tinned tomatoes | 1-2 tins |
| <input checked="" type="checkbox"/> | Red wine (optional) | 150ml |
| <input checked="" type="checkbox"/> | Seasoning as liked | |

A small amount of white vinegar – one tablespoon approx.



METHOD

Place your chosen jars in a low oven to warm

Chop the onions, garlic, mushrooms and carrots fairly small

Slice the bacon across into thin slices

Put the steak mince and the sausage meat into a large pan onto a low heat and cook until some moisture is visible, add the chopped vegetables. Turn up the heat slightly and cook until the meat is evenly coloured

Add the wine, if using, and stir into the contents of the pan

Add the passata or tomatoes and seasoning and heat through without cooking for too long, 5 - 10 minutes only

Place the canner onto the hob with 3 litres/6 pints hot water

Fill the jars to within 3cms/1 inch of the rim

Remove any air bubbles then wipe the rim of the jar with a small amount of the vinegar using the kitchen paper

Apply the lids and seals as appropriate and place in the canner

Add the remaining vinegar to the water in the canner (which stops scaling from the water marking the jars)

Fit the lid of the canner and increase the heat until steam can be seen coming from the vent pipe

For more delicious recipes and inspiration visit

<https://recipes.rosiemakesjam.com>

METHOD

Set your timer for 10 mins. When the time is up, fit the pressure regulating valve. Wait for the lock to pop up locking the canner

When the gauge registers 10lbs psi start timing – set your timer for 75 minutes

Turn off the heat and remove canner from heat source

Allow to de-pressurise and cool then open the canner and lift out the jars

Next day, check the seals, remove any screw bands if used, then label and store

This mix can be used as a sauce for spaghetti or other pasta, in lasagna, with chilli beans added for chilli, plain as cottage pie and many other similar recipes.

I find it is best to process universal recipes like this so that they can be adapted when required, rather than processing set meal recipes.

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