

INGREDIENTS:

500g lean minced beef

2 large onions and two medium carrots, finely chopped

100g chestnut mushrooms, quartered

2 crushed and chopped garlic cloves

1 tablespoon flour

2 tablespoons olive oil, one small jar sun-dried tomatoes

1 tin of chopped tomatoes

300ml red wine

200ml port

Sea salt, freshly-ground black pepper.

TIME: 1.5 hours**SERVING:** 4 people

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Heat the oven to 190C gas mark 5, spread the mince on a baking sheet and bake for 15 minutes until lightly browned. Transfer to a sieve, rinse under running water to remove any fat, and replace in the oven for two minutes to dry out. Finely chop the sun-dried tomatoes. Place the wine and port in a small pan and reduce by one-third over a high heat. Heat the olive oil in a large pan and lightly brown the onions and carrots. Add the mince, and cook briskly for a minute or so then add the mushrooms and garlic and cook for a further five minutes. Sprinkle in the flour, mix well then add the sun-dried tomatoes, the chopped tomatoes and the port and wine. Season generously and simmer, uncovered, for 20 minutes until virtually all the liquid has cooked off.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: