

Braised Bolognese Sauce (or Casserole)



Braised Bolognese Sauce After doing the [pork satay for the January DC Challenge](#), I thought I'd give this book another go. Adapted from Five-spice Lamb in [1000 Recipes by Martha Day](#).

- 1 pound ground beef
- 1 onion, chopped
- 1 cup tomatoes, chopped
- 1 cup beef stock
- 2 Tbsp hoisin sauce
- 1 Tbsp soy sauce
- 1 Tbsp ginger root, minced
- 1 clove of garlic, minced
- 1 tsp [five-spice powder](#)
- salt and pepper to taste
- 1 cup of chopped vegetables (optional)
- 1/4 cup to 1/2 cup cilantro, chopped (optional)
- 1 dollop of tahini paste (optional)

Preheat oven to 325.

Brown beef in a large skillet. Remove with a slotted spoon and set aside. Maintain the grease in the pan to saute onions, garlic and ginger root. Cook on medium-high heat until onions turn translucent or even golden.

Add the meat back to the pan, as well as tomatoes, stock, hoisin, soy sauce, and five-spice. Mix well. Cook for 2-3 minutes. Salt and pepper to taste.

Transfer to a casserole dish and bake, **covered**, for 60 minutes. If you're using the optional vegetables, bake for 45 minutes, stir in vegetables, then bake for another 15 minutes.

Stir in cilantro and tahini just before serving.

The original recipe calls for minced lamb and lamb stock, as well as toasted sesame seeds instead of tahini.

I skipped the vegetables and served this (with a full 1/2 cup of cilantro) as a bolognese sauce on top of Elise's Spanish rice. I think it would have tasted great on top of soba noodles... maybe next time.