

Fresh Canadian Lamb



Pasta with lamb bolognese sauce

Serves four

Preparation time: 25 minutes

Cooking time: 30 minutes

Cost: \$

Ingredients

3 tbsp	Olive oil	45 ml
1	Onion, thinly sliced	1
2	Diced carrots	2
2	Stalks Celery, thinly cut	2
1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
¼ cup	Dry white wine	50 ml
3 tbsp	Tomato paste	45 ml
1	Can (28 oz / 796 ml) diced tomatoes	1
½ tsp	Dry oregano	2 ml
½ tsp	Dry basil	2 ml
1	Sprig fresh rosemary	1
3	Bay leaves	3
2	Garlic cloves, chopped	2
1 lb	Egg fettuccini	500 g

Method

In a pan, heat oil to medium-high. Add the vegetables and brown them for 5 minutes. Add the ground lamb, salt and pepper, then cook until the meat starts to brown with caramelized spots. Deglaze with the white wine. Blend in the tomato paste and diced tomatoes, and bring to a boil. Add spices and chopped garlic, then simmer for 30 minutes while stirring regularly. Meanwhile, cook the pasta in a large quantity of lightly-salted water. Drain and serve with the bolognese sauce over top.

It is also possible to replace the ground lamb with meat cubes from the neck or shoulder. (If doing so, then simmer the meat in the sauce for 1½ hours until it is tender.)

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 607; Fat: 22.1 g; Protein: 45.1 g; Cholesterol: 166 mg;

Sodium: 451 mg; Carbohydrate: 54 g; Fibre: 5.4 g