

Climate Smart Food

Bolognaise sauce



When I first started in this school kitchen which has 1200-1300 guests everyday the bolognaise sauce consisted of 100kg mince, both pork and beef.

Changes were made....

1. As there are about 30% of the guests not eating pork because of religious reasons, we made the sauce with only beef. Saved time making 2 sauces, which we could utilise elsewhere in the kitchen.

2. Because of the price of beef and the environmental aspect, we reduced the mince by 45kg. By doing this we could buy organic mince instead. We also replaced the 40kg mince with 30 kg grated organic carrots and 20kg organic red lentils (protein), plus the mixed tomatoes are also organic.

Also we use organic onions, garlic, oregano and basil, using dried herbs over winter and fresh in the summer.

The result was cheaper, better for the environment and none of the guests noticed the difference. Great!!!!

The recipe



Makes 1000/portions, but is enough for 1200.

55 kg beef mince

100 l mixed tomatoes

20 kg red lentils washed

30 kg grated carrots

1 kg oregano fresh, 500g dried

1 kg basil fresh, 500g dried

750g garlic crushed

15kg onions diced

2 l vegetable oil

Beef stock, we leave it out.

1. Mix the fresh herbs with the oil in a mixer and pour it into your pot or steamer.
2. Sweat the onions and garlic in the oil.
3. In with the mince and fry, adding the carrots at the same time.
4. Pour in the tomatoes.
5. Add salt and pepper after taste.
6. In with the lentils about 20 -30 minutes before serving.

Great to use in lasagne as well.

Serve with organic pasta.

This cost around 70 pence to make including the pasta which is 90 kg.

With this we serve salad buffet and milk, which would still be under £1.

Do the same with a Chili Con Carne by reducing the mince and using more beans.



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