

Al Prodders Cooks His Favourite Recipe: **Winter Ostrich Bolognaise**

Ingredients:

- 1 x Bottle good red wine. (The rest is really optional.)
- 1 x Large onion (diced)
- 500g Ostrich mince
- 250g Mushrooms (sliced)
- 1 x Tin red kidney beans
- 4 x Large tomatoes (diced)
- 1 x Large carrot (grated)
- 1 x Large parsnip (diced)
- 5 x Baby marrows (sliced)
- 50ml Tomato puree
- 15ml Chutney
- 1 x Sprig fresh rosemary (wounded)
- 10ml Beef stock powder
- 2 x tsp Masala spice
- 1 x Garlic clove (crushed)
- Freshly ground black pepper
- Olive oil
- 4 x portions Spaghetti

Preparation:

- Open the wine, drink, enjoy. If you like, carry on...
- Do all the slicing and dicing before you have too much wine.
- Chat with your family/friends.
- Get somebody to sauté the onions in a large pan until transparent.
- Add the masala spice.
- Add the ostrich mince and brown.
- Add the mushrooms, beans, tomatoes, carrots, parsnip, baby marrows, puree, chutney, rosemary, stock powder and garlic.
- Simmer for 20 minutes while drinking and socialising.
- Season to taste with black pepper.
- Did I mention wine?
- Cook the spaghetti in boiling, salted water. (Al dente? Good Luck!)
- Drain when cooked. (The spaghetti, not you!)
- Top the spaghetti with bolognaise and serve. (If you've run out of wine, there might be a beer in the fridge.)