

## Ragu

500g to 1kg of meat (see below)

1 large onion, chopped

1 carrot, chopped

1 stick of celery, chopped

2 tablespoons cooking oil/fat

2-3 cloves garlic, chopped

Rosemary and Oregano (1 tablespoon of each fresh or 1 teaspoon of dried)

1 Can of tomatoes

1 Tablespoon Fish Sauce

1 Tablespoon Soy Sauce

Chilli to taste

Salt and Pepper

Roast Vegetables - I like to roast these separately before mixing into the ragu at the end of cooking. This gives a nice contrasting texture.

Any or all:

Zucchini,

Squash

Capsicum

Eggplant

Carrot

Sweet Potato

Broccoli

Cauliflower

Anything really that tastes nice roasted!

Sprinkle with some salt, herbs and or garlic.

### Method

Mirepoix - Fry the onion, carrot and celery in the cooking oil/fat until soft. Try not to brown it too much. Put the meat in and lightly brown it before adding the remaining ingredients. Bring to a boil and place in a low oven (150) for a minimum 4 hours (see meat note below), covered, or on low in the slow cooker for most of the day. You may need to add a little bone broth, stock or water in the oven if it starts to dry out. It's ready when it is soft and pulls apart easily. Take any bones out before serving.

In the last hour of cooking time, place the vegetables for roasting in the oven, sprinkled with salt.

Cook some pasta. Toss the roast veges with the pulled beef and serve with the pasta.

Meat: 500g boneless meat or if using bone in meat or a joint of meat, you may need closer to 1kg. Diced beef, lamb, chicken or pork; stewing lamb chops or shanks, beef brisket or chuck roast, shoulder of lamb or goat, or even a leg piece. Beef Y-bone steaks or beef osso bucco.