



KANONKOP

WINE ESTATE



Bolognese Mac & Cheese

This is a crowd pleasing family favourite recipe that can be made in advance and then baked in the oven before serving.

Recipe – serves 4 – 6 people

INGREDIENTS:

400gms macaroni pasta

Bolognese sauce:

Splash of olive oil
1 brown onion finely chopped
2 cloves garlic crushed
1 star anise pod (optional)
500gms beef mince
70gms tomato paste
½ cup red wine
½ cup beef stock (use one stock sachet)
1 tin chopped peeled tomatoes
2 Tbsp of finely chopped parsley, rosemary and thyme

Cheese sauce:

70 gms butter
70gms flour
2 ¾-3cups milk
1 Tbsp Dijon mustard
Grating of fresh nutmeg
Salt and freshly ground white pepper
150gms Cheddar, grated plus extra for topping

METHOD:

To make the Bolognese sauce:

Fry the onions and star anise in the olive oil until soft over a low temp. Add the garlic and fry for about a minute and then remove all from the pan and set aside.

Add another splash of olive oil to the pan and cook the meat until it starts to caramelize breaking it up all along as you go. This will take about 10 minutes as you really want to cook it past the stage where the meat is grey in colour and the liquid has cooked off. When it starts smelling like a grilled burger, add the tomato paste and cook for a couple of minutes until it darkens and starts sticking to the pan. Add the onions and garlic back to the pan and deglaze with the wine, allowing the liquid to cook-off.

Add the rest of the ingredients and allow them to bubble away over a gentle heat for about 20 - 30 minutes.

While the Bolognese is cooking away, preheat your oven to 180C and get a large pot of salty water and cook the macaroni according to the pack instruction and just al dente or a little before (do not overcook it).

To make the béchamel:

Melt the butter in a medium pot and then add the flour to form a stiff roux. Add the milk bit by bit, continuing to whisk all the time until the sauce has thickened and does not thicken any further. Add the mustard, nutmeg and seasoning. Once your béchamel tastes right, add the grated cheddar and stir to melt through the sauce.

Mix the cooked pasta with the Bolognese sauce and add about 2/3 of the cheese sauce and mix evenly. Empty this into an appropriately sized oven dish. Spread the remaining cheese sauce over the top. Sprinkle additional cheese over the top and bake for 25 minutes until golden and bubbling.

Serve with a glass of Kanonkop Kadette Cape Blend. Enjoy!

