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ROYAL  
SEAFOOD

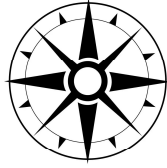
## Sardine Garum Spaghetti Bolognese



Up your pasta game with this Sardine Garum Spag Bowl, a rich and flavourful take on a classic Bolognese. Infused with Port Lincoln Sardine Garum, this dish brings a unique umami depth that enhances the traditional meat sauce.

### Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons butter
- $\frac{3}{4}$  cup finely minced onion
- $\frac{3}{4}$  cup finely grated carrot
- $\frac{3}{4}$  cup finely minced celery
- 450g ground beef
- 1 cup whole milk
- $\frac{1}{8}$  teaspoon finely grated nutmeg



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- ¾ cup (180ml) dry white wine
- 1 cup canned whole tomatoes
- Freshly ground black pepper
- 2 teaspoons Port Lincoln Sardine Garum
- 450g tagliatelle, pappardelle, or rigatoni

**Recipe Method:**

1. **Sauté the Vegetables:** In a deep, heavy-bottomed pot, heat the olive oil and butter over medium heat. Add the minced onion, celery, and grated carrot. Cook, stirring occasionally, until the vegetables soften and the onions become translucent, about 3 minutes.
2. **Brown the Beef:** Add the ground beef, 1 teaspoon of fine salt, and ¼ teaspoon of freshly ground black pepper. Use a wooden spoon to break the meat into small chunks, cooking until it is no longer red, but not yet caramelised. Expect some liquid to collect in the pot from the beef.
3. **Incorporate Milk and Nutmeg:** Stir in the whole milk and nutmeg. Bring to a gentle simmer and cook, stirring occasionally, until the liquid evaporates and the mixture is mostly dry, about 30 minutes.
4. **Add Wine:** Stir the meat mixture, then pour in the white wine. Simmer, stirring occasionally, until most of the wine has evaporated, about 10 minutes.
5. **Prepare the Tomatoes:** Open the can of whole tomatoes and measure 1 cup, including the juices. Use a fork or your fingers to break the tomatoes into smaller pieces before adding them to the pot.
6. **Incorporate Sardine Garum:** Add the Port Lincoln Sardine Garum to the mixture.
7. **Simmer the Sauce:** Once the wine has simmered away, stir in the prepared tomatoes. Reduce the heat to maintain a very low simmer, cooking uncovered for 3 hours, stirring every 20 to 30 minutes. If the sauce appears dry, add ¼ to ½ cup of water as needed.
8. **Serve with Pasta:** Before draining your pasta, reserve a cup of the pasta water. Toss the cooked pasta with the sauce over low heat, adding reserved pasta water gradually to achieve a saucy consistency.
9. **Finish and Garnish:** Serve the Bolognese topped with freshly grated Parmigiano-Reggiano cheese.