

Spaghetti Bolognaise (Chrys Horn)

Serves 4 people

Ingredients

- 400g mince
- 200g tomato paste
- 400 g macaroni or pasta spirals
- 1 large onion (50g onion flakes)
- 2 cloves garlic
- 2 packets of Bolognaise sauce mix.
- 100g grated cheese
- 2 teaspoons dried basil and or tarragon (to taste)

Method

Before the tramp

1 Fry finely chopped onion and add mince. Add the tomato paste, and if needed a little water. Cook until done.

2 Dehydrate the mince mixture by either:

- a) using a dehydrator. Dry the mixture according to its instructions; or
- b) spreading the mixture across a greased baking sheet/ biscuit tray, and placing it in an oven set on the lowest temperature, with the door slightly open (jam a wooden spoon in the door to keep it slightly open, ensuring that it is nowhere near the oven elements!
- c) Dry overnight or until meat is crisp and crumbly

On the tramp

- 1 Pour boiling water over the mince and any dehydrated vegetables you want to add. Soak for as long as you can.
- 2 Peel and finely chop the garlic and fry in a little oil.
- 3 Bring the mince to the boil, add garlic, herbs, any vegetables (fresh or rehydrated).
- 4 Add in the sauce mixes to thicken and flavour the mixture. Add water to thin the mixture as needed.
- 5 Cook the macaroni or pasta in another billy.
- 6 Serve mixed with pasta, and sprinkle cheese over the top.

Variations

You can decrease the amount of meat per person and add in a mixture of finely chopped vegetables before the meal is dehydrated. You may also like to add in vegetables (dried or fresh) when putting the meal together on the tramp.

Chef's Notes

- Exact quantities are not vital here so feel free to experiment and get it the way you like it.
- The cheese is a luxury and can be left behind on longer tramps where weight is an issue.
- I always use unsalted tomato paste because there is plenty of salt in the sauce mixes and in the cheese.
- Don't make the mince mixture any wetter than you have to. It saves time in the drying.
- You can also freeze the mixture, and carry it in frozen so that it thaws over the course of the day – again, whoever is carrying it will thank you if there is not a lot of excess fluid in it.
- As long as it is very dry, the dehydrated mince mixture will keep a long time in the cupboard (I have kept stuff for a couple of years in sealed containers in the cupboard and have eaten it with no ill effects).

Number of people	Two	Four	Six	Eight	Ten
Mince	200g	400g	600g	800g	1000g
Tomato paste	100g	200g	300g	400g	500g
Pasta	200g	400g	600g	800g	1000g
Fresh onion or onion flakes	1 medium (25g flakes)	1 large (50g flakes)	2 medium (75g flakes)	2 large (100 g flakes)	3-4 medium(125g flakes)
Bolognaise sauce mix	1 packet	2 packets	3 packets	4 packets	5 packets
Grated cheese	50g	100g	150g	200g	350g
Dried herbs	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons