



## Spaghetti Bolognese

- Moron
- Mins Cig Eidion
- Saws tobasco
- Saws Caerwrangon (Worcester sauce)
- Winwns
- Madarch
- Pureè tomato
- Tomatos tin
- Spaghetti
- Parmesan
- Gwin coch.

## Dull

Ffriwch y winwns mewn padell ffrio gydag ychydig o olew. Ychwanegwch y garlleg.

Ychwanegwch y mins cig eidion i'r gymysgedd a'i ffrio nes bod y cig yn troi'n frown.

Unwaith bydd y cig i gyd yn frown, ychwanegwch y tomatos tin a'r pureè tomato.

Ychwanegwch y moron a'r madarch cyn ychwanegu saws Caerwrangon a Thobasco. Ychwanegwch hanner peint o win coch i'r gymysgedd a'i throi.

Gweinwch y gymysgedd ar blat neu mewn powlen ar wely o spaghetti neu pasta gan ychwanegu ychydig o gaws parmesan wedi' ratio os hoffech.

## **Spaghetti Bolognese**

- Carrots
- Minced Beef
- Tobasco sauce
- Worcester sauce
- Onions
- Mushrooms
- Tomato pureè
- Tinned tomatoes
- Spaghetti
- Parmesan
- Gwin coch

## **Method**

Fry the onions in a frying pan with some oil. Add garlick.

Add the minced beef and fry until the mince turns brown.

Once the meat has turned brown, add tinned tomatoes and tomato pureè.

Add carrots and mushrooms before adding some Worcester sauce and Tobasco. Add half a pint of red wine and stir.

Serve on a plate or bowl on a bed of spaghetti or pasta and add some grated parmesan cheese if desired.