

Lamb, Tomato and Fennel Pasta Sauce

<p>Equipment:</p> <p>2 trays Chopping board Knives, small and large Bowls - 1 medium, 1 large Electric jug Colander Tea towel Metric measuring spoons Frying pan Wooden spoon Slotted spoon Peeler or grater (for Parmesan cheese)</p>	<p>Ingredients:</p> <p>6 ripe tomatoes & 1 x 400g can chopped tomatoes 300 g lamb mince 1 medium fennel bulb 1 red onion 2 cloves garlic 1 bunch Italian parsley ¼ cup olive oil 2 tsp. fennel seeds Salt Fresh cracked pepper ¼ block Parmesan cheese</p>
---	---

What to do:

1. If using fresh tomatoes, cut out the stems and cut a cross on the bottom of each tomato. Place the fresh tomatoes in a large bowl and cover the tomatoes with boiling water from the kettle. Leave for 1 minute, then drain into the colander and cool the tomatoes with cold water.
2. Using the peeler or thick slicer on the grater, shave the Parmesan cheese into a small bowl. Set aside.
3. Hand peel off the tomato skins and dice the tomatoes, reserving all the flesh and juices. Set aside in the large bowl until needed.
4. Trim the fennel tops and bottom, discarding any damaged outer layers. Slice and dice the fennel into small pieces.
5. Peel and dice the onion and garlic.
6. Rinse the parsley and dry by rolling in the tea-towel, then chop finely. Set aside.
7. Heat half the oil in a frying pan over high heat and add the lamb meat, stirring with the wooden spoon. When the meat is well browned, transfer it to the medium sized bowl, leaving all the oil in the pan.
8. Reduce the heat to medium. Scatter the fennel seeds into the pan, stir for a few seconds then add the onion, garlic, and diced fennel bulb. Once the tomatoes and fennel look 'saucy', return the sausage meat to the pan and cook for a further 5 minutes. Taste for salt and pepper.
9. Add sauce to cook pasta. Toss well, and scatter with parmesan cheese.