**Mince Sequence**

The easiest way to approach bulk cooking is to break it down and cook similar ingredients together. Here, we are going to work through the mince sequence. This sequence should see you create 8 dishes (approximately 24 meals) within a couple of hours using mince as the main ingredient.

As with all procedures within the Once a Term Cooking format, this guide is to be used as a working template to be reconfigured to suit the unique needs, goals, and dietary requirements for your family. You will need to find your favourite recipes and multiply them according to how many people there are in your family and how many meals you are wanting to prepare for. I do not recommend cooking more than three or four times what the recipe calls for. Cooking more than this becomes quite difficult in a domestic kitchen and it becomes quite tiresome eating more than this over the course of a few weeks. This sequence focuses on the organisational strategies of cooking multiple meals in an efficient time period.

I would suggest that once you have selected your recipes and calculated your ingredients, follow this sequence exactly step-by-step at least once until you have a thorough understanding of how the process works, and then manipulate it to suit your needs.

**One week before the Cook-up**

* Select the recipes and make modifications to suit your family
* Write out the ingredients list
* Shop for the ingredients (freezing raw meats here is ok because they will be cooked as a part of this sequence).

**The night before the Cook-up**

* Lay the ingredients out on bench/spare table in the order that you will be using them
* Put the frozen ingredients in the fridge to defrost
* Have your kitchen cleaned and ready to cook

You will need the following equipment for this sequence

* At least one very large stock pot (e.g. 15L; K-mart has very large, reasonably priced steel stock pots)
* One large saucepan/medium stockpot (7-10L is a good size; the bigger the better!)
* cooking utensils and knives
* baking dishes
* dishes to freeze your meals in (use glass/ceramic dishes with lids, disposable foil dishes from dollar stores/hardware store/supermarkets, clip seal bags – make sure meal is completely cooled before using though or it will melt)
* oven trays
* bowls
* cutting boards
* oven mitts and tea towels

Remember to follow basic kitchen hygiene rules of washing hands, having your hair tied up, wiping down with clean cloths between preparing meals, etc.

While planning out the use of your freezer space it is important to have enough space to allow food items like hamburgers, sausage rolls, fish cakes etc to freeze individually on baking trays before storing in containers so that they retain their shape. They will then be stored in airtight bags or containers once frozen solid and carefully defrosted (if need be, some meals can be cooked from frozen) in a way that maintains their shape.

\*PRINT THE FOLLOWING PAGES

**INGREDIENTS**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

**INGREDIENTS**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

**Mince Sequence**

We are going to make these meals in the following order.

 Cooking them in this order is what makes the process fast and efficient.

Bolognaise and Lasagne

 Chilli, Taco mix, and Pie filling

Meatballs

Burger Patties

Sausage Rolls

If you have prepped all your onions and garlic in advance the following conversions should help

1tsp minced garlic = 1 large clove of garlic

one medium onion = roughly 1 cup diced onion = roughly 150gm

on large onion = roughly 1 ½ - 2 cups of diced onions = 225/300gm

1. Lay ingredients out on a bench in the order you are going to use them (use the list above). This will save time and reduce mess.
2. Label the containers/clip seal bags/dishes you are going to store the meals in and put them with the matching ingredients on the bench.
3. Place your recipes in a pile in the order you are going to use them next to your workspace.
4. Prep your onions, garlic and vegetables. Use a food processor to help process them quickly.
5. Preheat your oven to 190\* Celsius ready for the **meatballs**.
6. Brown your onions, garlic and mince in the largest stock pot for **bolognaise** and **lasagne**.
7. Brown the garlic, onions and mince in another pot (7-10L saucepan) for the **chilli**, **taco mix** and **Pie fillings**.
8. Prepare the **taco spice mix** according to the recipe, place in a bowl and put aside.
9. Make the **meat ball** mix according to the recipe – do not begin rolling.
10. Return to the stock pots and add tomatoes, tomato paste, herbs, spices and flavourings to **bolognaise/lasagne** sauce. Leave to simmer.
11. Separate the **chilli/taco/pie filling** mix into three separate pans.
12. Add the taco seasoning to the **taco mince**. Heat through and put aside to cool down.
13. Add the ingredients to the **chilli** according to the recipe, turn to low and leave to simmer.
14. Add the ingredients to the **pie filling**, heat through and put aside to cool down.

PAUSE – At the moment you have the bolognaise/lasagne sauce developing its flavours and simmering on the stove. Your chilli is also busy becoming delicious. The taco mince and pie filling are cooling down, and the meat balls are ready to be rolled. Well done. You’ve made great progress. Take a breather, have a drink of water, and let’s get back to it.

1. Roll those **meat balls** and put them in a dish ready to go in the oven.
2. Assemble the sauce for the **meatballs**, pour them over the top of the meatballs and pop them in the oven. Set a timer to remind you to turn them over.
3. Now to make **hamburgers.** Lay out two baking trays with 6 sheets of baking paper pre-torn to size. Lay one sheet of baking paper down on one tray.
4. Put the mince for the **hamburgers** into a large bowl. Sprinkle over some salt (one teaspoon of good quality salt per 1kg of mince) and massage it through.
5. Shape the **hamburgers** and lay them on the trays as you make them. Cover each layer with a sheet of baking paper. Do not stack them more than two hamburgers high.
6. Cover the top layer with some more baking paper. Cover the whole tray with either beeswax wrap/foil/cling wrap and put into the freezer until firm.
7. Remember to turn the **meatballs** and reset the timer.
8. Check on the **bolognaise sauce and chilli**. Make any flavour adjustments as necessary. Leave to continue simmering.
9. Make the **sausage roll** meat mix and begin to construct the sausage rolls. Cut to size and lay on trays covered with baking paper. Brush sausage rolls with milk wash, cover with beeswax wraps/cling wrap and freeze.
10. Turn off **chilli** and leave to cool.
11. Make the white sauce for the **lasagne**.

PAUSE – WOW! Look at you go! The bolognaise and lasagne are nearly done, the meatballs are nearly done, the sausage rolls and hamburgers are assembled, the chilli, pie mince, and taco mince are cooling. You are on fire and nearly finished! Have another glass of water, take a minute to do a quick tidy and then let’s finish the last leg.

1. Halve the **bolognaise/lasagne** sauce. Put the bolognaise mix aside to cool.
2. Assemble the **lasagnes** and leave to cool.
3. Take the **meat balls** out of the oven and leave to cool.
4. When the **pie mince** is cool, store in an airtight container/clip seal bag, label and freeze alongside your pastry of choice.
5. When the **meatballs** are cool, store in an airtight container/clip seal bag, label and freeze.
6. When the **taco mince** is cool, store in an airtight container/clip seal bag, label and freeze along with some sides (cheese, snap frozen capsicum slices, homemade tortillas etc.)
7. Take **hamburgers** and **sausage rolls** out of freezer when firm. Label and store in airtight containers/bags.
8. When the **bolognaise** is cool, store in an airtight container/clip seal bag, label and freeze alongside some fresh pasta.
9. When the **chilli** is cool, store in an airtight container/clip seal bag, label and freeze.
10. When the **lasagne** has cooled, spread cheese over the top, cover, label, and store assembled but uncooked. Cook from frozen.

Well, look at you! Your kitchen may be a mess, you have sauce all over your apron, but you have just conquered mince like no one else. You have earned yourself more than a few nights off cooking and I’m sure a foot rub as well. Well done you! Don’t sit down though, because we all know that if you do, those dishes won’t get done. Whiz around and do a tidy, get the family in to help because it’s surely their turn now!