Sloppy Joe

By Atilla Selcuk, Year 6

In our whole school topic, we have been learning about North America. One of my family's favourite dishes to eat is Sloppy Joe or the Gooey, Messy Burger as it is called in the film "It takes Two". I found out that this "loose meat sandwich" was possibly created by a man called Joe in Sioux City, Iowa, in the 1930s. There are many variations of this yummy sandwich all over the United States, and this is how we cook it in my family.

The recipe is very easy to make; it is a bit like a thick Bolognese sauce served in a burger bun.

Serves 4 –6

Utensils needed:
chopping board, sharp knife, spatula, pan, tablespoon, teaspoon, cup

Ingredients:

1 onion – peeled and finely diced
2 cloves of garlic – peeled and finely diced
1 stick of celery – washed and finely diced
1 large tomato – washed and finely diced
½ tsp ground cumin
500g minced beef
1 tsp tomato paste
2 tbsp tomato ketchup
1 tbsp Worcester Sauce
1 cup of passata
1 tsp dried parsley, dried oregano and paprika
Salt and pepper to taste
1 tbsp Rapeseed oil

Toasted burger buns

How to prepare this dish

First heat the oil in a pan and once hot add the onion. Fry for 5 minutes before adding in the garlic, celery and tomato. Let it fry for another 5 minutes, then add the cumin and give it another minute before adding the minced beef. Let the beef brown for a few minutes before breaking it up into small pieces using a spatula. You need to make the pieces as small as possible while it cooks, continuously stirring it. Now add the tomato paste, ketchup, Worcester Sauce, passata, parsley, oregano and paprika and stir thoroughly. Season to taste with salt and pepper. Turn the heat down and simmer for 20 minutes, checking and stirring every 5 minutes. When the sauce has thickened enough for your liking, check for taste and turn off the hob.

Serve in toasted burger buns with a crunchy salad and a glass of milk on the side.

Eat Well Plate

- Fruit and Vegetables — 36%
- Protein — 28%
- Carbohytrates — 18%
- Sugar and Fats — 7%
- Dairy — 11%