

Bolognese Sauce



Author: Bob and Robin Young

Start to Finish Time: 3 hours 10 minutes

Preparation Time: 40 minutes

Cooking Time: 2 hours 30 minutes

Categories: Italian

Source: Adapted From - Gabriele Corcos and Debi Mazar

Servings: 16

Ingredients

5 T Extra Virgin Olive Oil
1 Red Onion, medium chop
3 Garlic Cloves, diced
3 Carrots, medium chop
3 stalk Celery, medium chop
5 ozs Pancetta, cut in small cubes, or Bacon
7 ozs diced Green Chilis, mild
2 c Flat-Leaf Parsley, leaves picked and chopped
2 lbs ground Beef
1 lb Italian Sausage, mild
1 c Red Wine
2 24 oz Pomi Chopped Tomatoes
3 14.5 oz Fire Roasted Tomatoes, diced, 1 not processed
Sea Salt and ground Black Pepper, to taste
1 c Whole Milk

Directions -

Saute the onion, carrots, and celery in about 5 tablespoons olive oil in a large cast iron skillet until soft. Add the pancetta, or bacon, to the soffritto (onion mixture). Cook on a medium-high flame for about 7 to 10 minutes, then add the meat; break it up well with a wooden spoon. Raise the heat a bit, and keep stirring until all the ground meat is browned. Add the green chilis, garlic and parsley and cook for 1 minute.

Add the wine now and cook until the alcohol is completely evaporated, scraping up the browned bits on the bottom of the pan.

Pulse the tomatoes and Pomi smooth in a food processor and add them to the meat, season generously with salt and pepper, lower the flame to medium and cook for about 2 1/2 hours, stirring occasionally. Finish the sauce by adding the whole milk, stir well and set aside, to cool off.

Serving Ideas: Serve with pasta or this makes enough for 2, 9x13 pans lasagna.