

Italian Comfort Foods

TRADITIONAL BOLOGNESE SAUCE

Ingredients

1 lb Lean Ground Beef
 8oz Smoked Bacon or Pancetta- Diced in Cubes
 1 cup Peas - Frozen or Canned
 1 cup of Carrots - Diced in Cubes
 1 Large Onions or 2 Shallots- Finely Chopped
 4 cloves of Garlic- Minced
 42 oz of Can Crushed Tomatoes- Blended and Strained
 1/4 cups of Fresh Basil (chopped) or 2 tbsp Basil paste
 1 1/2 tbsp Dried Oregano
 1 1/2 cups of Dry Red Wine- a Chianti or Merlot works well.
 Salt & Black Pepper- to taste
 1 tbsp White Sugar to balance acidity

 Grated Parmesan or Mozzarella Cheese for serving
 Pasta of choice- Spaghetti or Linguine



Instructions

Brown the Meat - Heat Olive Oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Add the diced Bacon or Pancetta and cook until crispy, about 5-7 minutes. Remove the Bacon or Pancetta with a slotted spoon and set aside, reserving the rendered fat in the pot. Add the Ground Beef to the pot and brown, breaking it up with a wooden spoon. Drain off any excess grease before proceeding.

Sauté Vegetables- Add the Onions (or Shallots) and Carrots to the pot and sauté until softened, about 5-7 minutes. Add the minced Garlic and cook for another two minutes until fragrant.

Deglaze and Simmer - Pour in the Red Wine, scraping up any browned bits from the bottom of the pot. Let the wine reduce slightly, about 2-4 minutes.

Add Blended Tomatoes and Seasonings - Stir in the Blended Tomatoes, Oregano, Salt, Pepper, and Sugar. Bring the sauce to a simmer, then reduce heat to low, cover and cook for at least 1.5 - 2 hours, or up to 2.5 hours for a richer flavor. Stir occasionally. The longer it simmers, the more the flavors will meld.

Add Peas and Basil - About 15 minutes before serving, stir in the frozen Peas and fresh or paste Basil & half of the crispy Bacon or Pancetta.

Cook Pasta - While the sauce simmers, cook your pasta according to package directions. Usually 8-12 minutes, until the pasta is cooked through but still firm to the bite "Al Dente".

Serve - Drain the pasta and add it to the pot with the Bolognese sauce. Toss to combine. Serve immediately, topped with a light drizzle of Extra Virgin Olive Oil, grated Parmesan or Mozzarella cheese and the leftover reserved crispy Bacon or Pancetta.

Tips & Variations

- Add a splash of Milk or Cream at the end for extra richness.
- Feel free to adjust the Seasonings to your taste.
- Other Vegetables like Celery or Mushrooms can be added along with the Carrots and Onions.
- If using Fresh Basil, add it during the last 5 minutes of cooking to preserve its vibrant flavor.
- Add a drizzle of high-quality Extra Virgin Olive Oil to each serving of the pasta before serving for extra richness and flavor.

Accompanying Wines

Pairs well with Wines that can stand up to the Bolognese's Depth of Flavor, without overpowering it.

Chianti Classico
 Barbaresco
 Barolo
 Merlot
 Rosso di Montalcino
 Red Patrimonia
 Sangiovese

Ultimately, the 'Best' wine is subjective and depends on your personal preferences.

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MADE EASY BOLOGNESE SAUCE

Ingredients

1 lb Lean Ground Beef
 8oz Smoked Bacon or Pancetta- Diced in Cubes
 1 cup Peas - Frozen or Canned
 1 cup of Carrots - Diced in cubes
 1 Large Onions or 2 Shallots- Finely Chopped
 4 cloves of Garlic- Minced
 42 oz of store bought- Jarred Tomato Sauce of choice -
 Olive & Garlic or Basil Garlic works well
 1/4 cups of Fresh Basil(chopped) or 2 tbsp Basil paste
 1 1/2 tbsp Dried Oregano
 1 1/2 cup of Dry Red Wine- a Chianti or Merlot works
 well.
 Salt & Black Pepper- to taste
 1 tbsp White Sugar to balance acidity

 Grated Parmesan or Mozzarella Cheese for serving
 Pasta of choice- Spaghetti or Linguine



Instructions

Brown the Meat - Heat Olive Oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Add the diced Bacon or Pancetta and cook until crispy, about 5-7 minutes. Remove the Bacon or Pancetta with a slotted spoon and set aside, reserving the rendered fat in the pot. Add the Ground Beef to the pot and brown, breaking it up with a wooden spoon. Drain off any excess grease before proceeding.

Sauté Vegetables- Add the Onions (or Shallots) and Carrots to the pot and sauté until softened, about 5-7 minutes. Add the minced Garlic and cook for another two minutes until fragrant.

Deglaze and Simmer - Pour in the Red Wine, scraping up any browned bits from the bottom of the pot. Let the wine reduce slightly, about 2-4 minutes.

Add Tomato Sauce and Seasonings - Stir in the store bought Tomato Sauce, Oregano, Salt, Pepper and Sugar. Bring the sauce to a simmer, then reduce heat to low, cover and cook for at least 1 hours for a richer flavor. Stir occasionally. The longer it simmers, the more the flavors will meld.

Add Peas and Basil - About 15 minutes before serving, stir in the frozen Peas and fresh or paste Basil & half of the crispy Bacon or Pancetta.

Cook Pasta - While the sauce simmers, cook your pasta according to package directions. Usually 8-12 minutes, until the pasta is cooked through but still firm to the bite "Al Dente".

Serve - Drain the pasta and add it to the pot with the Bolognese sauce. Toss to combine. Serve immediately, topped with a light drizzle of Extra Virgin Olive Oil, grated Parmesan or Mozzarella cheese and the leftover reserved crispy Bacon or Pancetta.

Tips & Variations

- Add a splash of Milk or Cream at the end for extra richness.
- Feel free to adjust the Seasonings to your taste.
- Other Vegetables like Celery or Mushrooms can be added along with the Carrots and Onions.
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Accompanying Wines

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