

Ragù alla Bolognese/Bolognese-Style Meat Sauce

PREP TIME: 10 MIN

COOK TIME: 3-4 HOURS

YIELD: 6 SERVINGS

INGREDIENTS

- * 2 tablespoons [Amy Riolo Selections](#) or other good-quality extra virgin olive oil
- * 2 tablespoons butter
- * 1/4 cup diced yellow onion
- * 1/4 cup diced celery
- * 1/4 cup diced carrot
- * 1 1/2 pounds ground beef (try to avoid lean varieties), or veal (see Note)
- * 1 cup white wine
- * 4 cups tomato puree, preferably from San Marzano tomatoes
- * 1 cup beef stock, homemade if possible
- * 1 dried bay leaf
- * 1/2 teaspoon unrefined sea salt, plus extra to taste
- * 1 cup whole milk
- * Black pepper, freshly ground, to taste



DIRECTIONS

1. Heat the oil and butter in a large saucepan over medium heat. Add the onion, celery, and carrot. Sauté, stirring occasionally, until lightly golden, 3-5 minutes.
2. Add the meat and stir, allowing it to brown completely. Add the wine, and stir until the wine is completely evaporated.
3. Add the tomato puree, stock, bay leaf, and 1/2 teaspoon of salt, and stir.
4. Reduce heat to low, cover, and simmer for 2-3 hours, stirring every 30 minutes.
5. Add the milk, stir, and continue simmering for another 10 minutes.
6. The sauce is ready when it reaches a thick consistency (it will have cooked down to about half of its original volume). Stir and add additional salt and pepper to taste, if needed.

TIP:

This sauce can be made a day ahead of time or made in large quantities and frozen until serving. Serve ragù alla Bolognese with thick pasta such as tagliatelle (as is done in Bologna), fettuccine, pappardelle, or rigatoni if you prefer a shorter pasta.

VARY IT!

You can use whatever kind of meat you choose in this recipe. Goat, lamb, pork, beef, veal, or combinations of your favorites all produce a fantastic sauce.

Enjoy with pleasure and health!