



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



PASTA BOLOGNESE



I have seen this recipe made several different ways, and it depends on what ingredients you like best and how your family has passed the recipe down through the years. Some families call it *Ragu Alla Bolognese* or simply *Ragu*. This dish originated in northern Italy; however, because of the use of fresh tomatoes, it has made it onto many dinner tables in southern Italy.



PREP TIME: 20 MINUTES | COOK TIME: 90 MINUTES (APROX)

NOTE: This dish goes excellently over fresh tagliatelle pasta; however, rigatoni is my pasta of choice.

INGREDIENTS

- 2 tablespoons of olive oil
- 2 tablespoons of unsalted butter
- 1 medium onion
- 2 carrots
- 2 celery stalks
- 2 cloves of garlic
- 1 lb. ground beef (or a mix of beef and pork)
- 1/2 cup of red wine (optional but recommended)
- 2 cans (28 oz) crushed tomatoes
- 2 tablespoons of fresh parsley (chopped)
- 2 tablespoons of fresh basil (chopped)
- 1 lb. of pasta (your choice)
- Salt and pepper to taste

INSTRUCTIONS

1. Dice the garlic, onion, and celery and carrots into a small dice. Don't chop it too fine. Then, add the butter and oil to a medium pot. Melt the butter and let the oil get hot. Add the celery, carrots and onions and sauté for about 4 minutes. Then, add the garlic and cook for another 4 minutes until the vegetables are cooked.
2. Add the ground beef (or beef and pork), stirring and breaking up the meat until it cooks for about 15 minutes.
3. Lower the heat. Add the red wine and let that evaporate for another 20 minutes.
4. Add the crushed tomatoes to the meat and stir. Add the salt, pepper, basil and parsley. Let the sauce simmer on low heat for about 40 minutes or until it is reduced by over half.
5. Boil the pasta, drain it, and add the pasta to the meat mixture, stirring together until it's creamy and the pasta is fully covered. Add some parmesan cheese and serve.



Look for more recipes in the next edition of the SIAMO QUI