

Bolognese Sauce - Cynthia's Favorite!

Makes 7 cups



Rigatoni
Bolognese

Ingredients

- Olive oil, 1/4 cup
- Onion, small diced, 1/2
- Celery, small diced, 4 tablespoons
- Carrots, small diced, 4 tablespoons
- Garlic, chopped finely, 2 tablespoons
- Beef, 1 lb.
- Sweet or hot italian sausage, casing removed, 1/2 lb.
- Fresh basil, chopped, 2 tablespoons
- Fresh parsley, chopped, 2 tablespoons
- Bay leaf, 1
- Fresh rosemary, chopped, 1/2 teaspoon
- Fresh oregano, chopped, 1/2 teaspoon
- Kosher salt and freshly ground black pepper
- Crushed red pepper
- 1.5 cups of Pinot Noir or Cabernet Wine
- Italian plum tomatoes, 1 can, 26-28 ounce, drained and coarsely crushed
- Chicken stock, 2 cups low sodium
- Romano cheese, grated, 1/2-3/4 cup

- Unsalted butter, 2 tablespoons

Tools

- Large pot
- Paring knife
- Chef knife
- Peeler
- Wooden spoon

Instructions

1. In a large pot, heat the olive oil over medium heat. When the oil is hot, add the onions, cook and stir for 1-2 minutes, add the carrots, cook and stir for 1 minute, add the celery, cook and stir for 1 minutes, and add the garlic, cook and stir for about a minute. Make sure the vegetables are softened slightly.
2. Add the beef and sausage and while using a wooden spoon, break up the meat so it will cook evenly. Cook the mixture for 5-7 minutes or until the meat is browned. Stir it occasionally after the first 2 or 3 minutes of cooking.
3. Add the basil, parsley, bay leaf, rosemary, oregano, a pinch of crushed red pepper, 1 teaspoon of salt, and 1/2 teaspoon of pepper. Reduce the heat to medium and cook the mixture, stirring for 2-3 minutes.
4. Add the wine, increase the heat to high, and bring the mixture to a boil. Boil it for about 3 minutes or until the red wine is reduced to 1/4 cup. Add the tomatoes and stock and return it to a boil. Reduce the heat and simmer it for about 50 minutes until it is well blended. Increase the heat to high and boil it for 10 minutes or until some of the liquid evaporates and it is a slightly thickened consistency.
5. Remove the sauce from the heat and stir in the grated cheese and butter. Season the sauce, if needed, with

salt and pepper. Serve the sauce immediately, ladled over cooked pasta.

6. Refrigerate cooled sauce for up to a week or freeze it up to a month. Enjoy!