

Bolognese Sauce

<http://userealbutter.com/2013/03/11/bolognese-sauce-recipe/>
from [*Essentials of Classic Italian Cooking by Marcella Hazan*](#)

*Note: I doubled the recipe and used Hazan's pork variation, but also added veal as was used in [this ragù](#).

2 tbsps vegetable oil (I used olive oil)
6 tbsps unsalted butter
1 cup onion, small dice
1 1/3 cups carrot, small dice
1 1/3 cups celery, small dice
1/2 lb. ground beef chuck (80% lean – no leaner)
1/2 lb. ground pork
1/2 lb. ground veal
salt
pepper
2 cups whole milk
1/4 tsp freshly grated nutmeg
2 cups dry white wine
3-5 cups canned Italian plum tomatoes with juices, diced (I used home canned diced organic tomatoes)
3 lbs. pasta (I like pappardelle)
2 tbsps butter (to toss with pasta)
freshly grated Parmigiano-Reggiano

Place the oil, butter, and onion in a large pot (don't use cast-iron, but enameled cast-iron is okay as is any heavy-bottomed pot – I used stainless steel) over medium heat. Sauté the onion until it is translucent, then add the carrot and celery. Stir the vegetables for about 2 minutes. Add the ground meat, a large pinch of salt, and some freshly ground pepper. Brown the meat and break any clumps into small pieces. Pour the milk into the pot and simmer, stirring often, until the liquid has cooked away completely (took me 45 minutes). Stir in the nutmeg. Add the wine and let it simmer, stirring occasionally, until it has evaporated (about 30 minutes), then add the tomatoes, stirring well to mix everything together. When the sauce starts to boil, reduce the heat to barely a simmer. Let the sauce cook uncovered for 3 hours (or more), giving it a stir every now and again. If all of the liquid boils off before the cooking time is done, stir in 1/2 cup of water and continue to simmer. Repeat as necessary. By the end, there should be no liquid left. Season with salt to taste. Makes 4 cups of sauce. Can be refrigerated in an airtight container for 3 days or frozen.

Prepare the pasta al dente, drain, and toss with 2 tablespoons of butter. Serve 1/3 cup of bolognese sauce for approximately 4 ounces of pasta with freshly grated Parmigiano-Reggiano on the side. Serves 12.