



Ragù

NIBBLEDISH CONTRIBUTOR

Ingredients

250 gr lard
1500 gr ground meat (1/3 pork, 1/3 veal, 1/3 beef)
2 carrots
2 celery stalk
1 big yellow onion
1 bottle of tomato sauce
1 glass of red wine (better if Sangiovese)
salt & pepper

Instructions

Ragù is a sauce to use in different ways. It can be used to make pasta or lasagne and is part of the internationally known spaghetti alla bolognese.

I live near Bologna and nobody here calls the spaghetti alla bolognese tis way. They say with ragù.

If you look in the Internet you will find 1000 recipes for ragù. I can tell you that every Italian family has his own and there are even different methods of making what is called ragù: in the south for example they use a hole piece of meat and not ground meat.

Well this here is "my way" of making the bologna style ragù. And I think it is not so far away from the "top chefs way".

To make ragù takes alot of time so normally I do alot and then I freeze it.

For my recipe it takes circa 6 hours but if you are patient it can also take longer.

If you have problems with pork you can use olive oil instead of lard and put more beef.

So lets start:

Chop finely the onion, carrots and celary. Put them in a teflon pan with the lard and let it cook with the smallest flame possible for 3 hours. The vegetables must almost melt.

Put the pan on a big flame and add the meat. Let it cook until it becomes brown circa 1 hour. Add the wine and let it cook until you do not smell the alcool.

Change again to the small flame and add the tomato sauce and let it cook for another 2 hours.

Be aware that this is a meat souce not a tomato sauce so do not use more tomatos.

Adjust with salt and pepper and cook with it wat you want:

tagliatelle, spaghetti, lasagne, tortellini.