

Bolognese

By Erin Hungsberg

A great meat sauce should be in every home cook's repertoire ... It's perfect for lasagna, pasta, casseroles and it even stores great in the freezer for a quick and easy weeknight homemade meal!

Yield: 2 servings

Prep Time: 10 min

Cook Time: 3 hrs

Ingredients:

- 2 tablespoons rendered bacon fat
- 1 cup each of finely diced onion, carrot, and celery
- 2 pounds high-quality ground beef (85%/15% fat ratio)
- 1 teaspoon kosher salt
- 1 teaspoon course ground black pepper
- 2 tablespoons tomato paste
- ½ teaspoon ground oregano
- ½ teaspoon dried Italian herbs
- ½ teaspoon crushed red pepper flakes
- 4 garlic cloves, grated
- ½ cup sparkling wine or dry white wine
- 1 can (28oz) Ciao Authentica Crushed Tomatoes
- 2 cups beef stock
- 3" piece (or larger) rind from Parmigiano-Reggiano
- 4 anchovy fillets, tied in cheesecloth
- ½ cup whole milk
- 1oz Parmigiano-Reggiano, fresh grated



Instructions:

1. Heat rendered bacon fat over medium heat in a large heavy-bottomed saucepan.
2. Sauté onion, carrot, and celery until soft and onions are translucent, about 15 minutes.
3. Increase the heat; add ground beef, salt, and pepper. Break into small pieces using a wooden spoon and cook until the meat is no longer pink and any liquid/excess fat has evaporated.
4. Move the meat to the side of the pan and add the tomato paste. Stir and caramelize the tomato paste until it turns a rusty color, about 2 minutes.
5. Add the oregano, Italian herbs, and red pepper flakes, and stir through the meat mixture. Add garlic and stir until fragrant, about 30 seconds.
6. Add wine and cook until almost evaporated.
7. Add Ciao Authentica Crushed Tomatoes, beef stock, Parmigiano-Reggiano rind, and anchovy fillet and bring the mixture to a boil.
8. Reduce heat and simmer uncovered for 2 hours, stirring occasionally.
9. Remove rind and anchovies; add in whole milk and 1-ounce Parmigiano-Reggiano. Stir through and simmer for an additional 15 minutes.
10. Keep warm until serving.