

BOLOGNESE SAUCE

(YIELD: 6 SERVINGS)



INGREDIENTS

1. 1 tablespoon olive oil
2. 4 oz. bacon, diced
3. 1½ cups chopped yellow onions
4. ¾ cup diced carrots
5. ¾ cup diced celery
6. 1 tablespoon minced garlic
7. Salt and pepper, to taste
8. 2 bay leaves
9. ¼ teaspoon fresh oregano
10. ½ teaspoon ground cinnamon
11. ½ teaspoon ground nutmeg
12. 2 pounds ground beef
13. 2 tablespoons tomato paste
14. 1 cup red wine
15. 2 (14 oz) cans crushed tomatoes and their juice
16. 1 (14 oz) can tomato sauce
17. 1 cup beef broth
18. 2 teaspoons sugar
19. 2 tablespoons unsalted butter
20. 3 tablespoons chopped fresh parsley leaves

PREPARATION

1. In a large pot, heat the oil over medium-high heat.
2. Add the bacon and cook, stirring, until browned and the fat is rendered, about 5 minutes.
3. Add the onions, carrots and celery and cook, stirring, until soft, about 5 minutes.
4. Add garlic, salt, pepper, bay leaves, oregano, cinnamon, and nutmeg. Let cook for one minute.
5. Add the beef and cook, stirring, until no longer pink, about 5 minutes.
6. Add the tomato paste and cook, stirring, for about 2 minutes.
7. Add the wine and cook, stirring, to deglaze the pan and remove any browned bits sticking to the bottom of the pan, and until half of the liquid is evaporated, about 2 minutes.
8. Add the tomatoes and their juices, the tomato sauce, broth, and sugar and bring to a boil.
9. Reduce the heat to medium-low and simmer, stirring occasionally, to keep the sauce from sticking to the bottom of the pan, until the sauce is thickened and flavorful, about 1½ hours.
10. Add the butter, and parsley, stir well, and simmer for 2 minutes.
11. Discard the bay leaves and adjust the seasoning, to taste.
12. Remove from heat and serve hot on top of cooked spaghetti.