



Ragu Bolognese with Pappardelle

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 3 hours



For this version we used six different types of meats: ground beef, pork, and veal; pancetta; mortadella, and chicken livers.

BROTH

1 cup low sodium chicken broth

1 cup beef broth

8 teaspoons gelatin powder, unflavored (1 packet = 2 teaspoons)

FOOD PROCESSOR

1 medium onion, chopped coarse

1 large carrot, peeled and chopped coarse

1 stalk celery, chopped coarse

4 ounces pancetta, chopped fine

4 ounces mortadella, chopped

6 ounces chicken livers, trimmed

COOK MEATS

3 tablespoons olive oil

3/4 pound ground beef, 85% lean meat

3/4 pound ground veal

3/4 pound ground pork

3 tablespoons fresh sage, minced

1 6-ounce can tomato paste

2 cups dry red wine

1 dash salt

1 dash black pepper

PASTA

1 pound pasta, pappardelle

1/2 cup Parmesan cheese, grated, for serving

PREPARE BROTH:

Combine chicken broth and beef broth in bowl; sprinkle gelatin over top and set aside.

FOOD PROCESS INGREDIENTS (12 minutes):

Pulse onion, carrot, and celery in food processor until finely chopped, about 10 pulses, scraping down bowl as needed; transfer to separate bowl (drain any excess fluids).

Pulse pancetta and mortadella in now-empty food processor until finely chopped, about 25 pulses, scraping down bowl as needed; transfer to second bowl.

Process chicken livers in now-empty food processor until pureed, about 5 seconds; transfer to third bowl.

COOK MEATS/SAUCE (2 hours, 15 minutes):

Heat oil in large Dutch oven over medium-high heat until shimmering. Add beef, veal, and pork; cook, breaking up pieces with spoon, until all liquid has evaporated and meat begins to sizzle, 10 to 15 minutes (cook until ALL liquids have evaporated. This might take longer than 15 minutes).

Add chopped pancetta mixture and sage; cook, stirring frequently, until pancetta is translucent, 5 to 7 minutes, adjusting heat to keep fond from burning.

Add chopped vegetables and cook, stirring frequently, until softened, 5 to 7 minutes.

Add tomato paste and cook, stirring constantly, until rust-colored and fragrant, about 3 minutes.

Stir in wine, scraping pan with wooden spoon to loosen fond. Simmer until sauce has thickened, about 5 minutes.

This is an overall fabulous bolognese sauce. There is a lot of wine in this recipe and it is evident in the final product. There is much more sauce needed for the pasta in order to coat it enough to enjoy the sauce (see TIP).

NOTE: There are many different ways to interpret what "real" Bolognese sauce is. But no matter what the ingredients are, the sauce should be hearty and rich, but not cloying, with a velvety texture that lightly clings to the noodles. For our version we used six different types of meats: ground beef, pork, and veal; pancetta; mortadella (bologna-like Italian deli meat); and chicken livers. These meats and the combination of red wine and tomato paste, gave us a rich, complex sauce with balanced acidity. The final addition of gelatin lent the sauce an ultra-silky texture.

TIP: STORAGE: Leftover sauce may be refrigerated for up to three days or frozen for up to one month.

Stir in broth mixture and return to boil. Reduce heat to low and cook at bare simmer until thickened (wooden spoon should leave trail when dragged through sauce), about 1½ hours.

Stir in pureed chicken livers, bring to boil, and remove from heat. Season with salt and pepper to taste; cover and keep warm.

COOK PASTA (while sauce cooks):

Bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring occasionally, until al dente.

Reserve ¾ cup cooking water, then drain pasta and return it to pot. Add half of sauce and cooking water to pasta and toss to combine.

Transfer to serving bowl and serve, passing cheese separately.

Store balance of sauce. Save for up to 3 days or freeze for up to 1 month.

Per Serving (excluding unknown items): 1039 Calories; 48g Fat (44.4% calories from fat); 65g Protein; 70g Carbohydrate; 5g Dietary Fiber; 235mg Cholesterol; 888mg Sodium; 8g Total Sugars; 1mcg Vitamin D; 333mg Calcium; 10mg Iron; 1332mg Potassium; 773mg Phosphorus. Exchanges: .

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