



Bolognese Meat Sauce

Marcella Hazan from [Essentials of Classic Italian Cooking](#)

Ingredients:

1 Tbs vegetable oil 3 Tbs butter plus 1 Tbs for tossing the pasta
1/2 C. chopped onion
2/3 C. chopped celery 2/3 C. chopped carrot
3/4 pound ground beef chuck
1 C. whole milk
1/8 tsp. grated nutmeg
1 C. dry white wine
1 1/2 C canned Italian plum tomatoes, cut in with their juice
salt
pepper
freshly graded parmigiano-reggiano cheese

Pasta of choice: tagliatelle, but works equally well with rigatoni, fusilli, and conchiglie

1. Put oil and butter in a pot with chopped onion. Turn heat on to medium. Cook and stir onion until translucent. Add chopped celery and carrot. Cook for 2 minutes more, stirring the vegetables to coat them well.
 2. Add ground beef, a large pinch of salt, and a few grindings of pepper. Break up the meat and stir well, cooking until the beef has lost its raw, red color.
 3. Add the milk and let simmer gently, stirring frequently, until it has bubbled away completely. This can take a while. Add the 1/8 tsp of grated nutmeg and stir.
 4. Add the wine and let simmer until it has evaporated. This can take a while. Add tomatoes and stir thoroughly to coat all ingredients. When the tomatoes begin to bubble, turn heat down so that the sauce cooks at the laziest simmer with occasional bubbles breaking. Cook uncovered for 3 hours or more, stirring from time to time. If the sauce begins to dry out and the fat separates from the meat, add 1/2 C of water to keep it from sticking to the pot. At the end, however, no water should remain and the fat must be separate from the sauce. Taste and correct for salt.
- If you're going to freeze the sauce, don't toss it with pasta. When you do serve it, reheat it and simmer for 15 minutes before adding pasta.

Chef's Notes:

1. Hazan says you can use 1 part pork to 2 parts beef for a tastier sauce. I always add at least this quantity of pork to the grind.
2. Some commonly added additional ingredients are: pancetta, chicken livers, ground veal and beef stock. I occasionally add ground veal with good results.
3. The order in which the ingredients are added matters. First add the milk, then the wine and finally the tomatoes.
4. I use "ready-cut" tomatoes.
5. Some cooks like less vegetables or cut them very fine but I find that the long slow simmering blends the original quantities flavors nicely.
6. You should end up with a meat sauce with some tomatoes and not the other way around.