

Beef Ragu

Oscar · 29/09/2024



Prep Time

3 hrs 20 mins

Difficult

Medium

Servings

4

Description

Beef ragu traditional Italian dish is a slow-simmered sauce made with beef, tomatoes, pasta, etc. Many newer ragu recipes use sambal oelek or anchovy paste to help build flavor, so I've used harissa, but feel free to replace with 12 teaspoons crushed red pepper or 1 teaspoon fennel seeds or omit. If you like, you can add rosemary sprigs to the sauce as it simmers.

Ingredients

- 2 tablespoons olive oil - 1 (2 pound) boneless beef chuck roast
- cut into 2-inch cubes - 1 teaspoon ground black pepper - 3 teaspoons kosher salt
- divided - 1 yellow onion
- chopped - 6 cloves garlic
- chopped - 2 tablespoons harissa (Optional) - 2 tablespoons tomato paste - 1 cup dry red wine - 1 (28 ounce) can crushed tomatoes - 1 bay leaf - 1 pound pappardelle pasta
- cooked and drained - grated Parmesan cheese
- for serving

Instructions

1. Heat oil in a large Dutch oven over medium-high. Season chuck roast with pepper and 2 teaspoons salt. Sear meat until browned on every side
2. working in batches if necessary
3. about 10 minutes. Remove from Dutch oven and transfer to a large plate. Reduce heat to medium and stir in onion. Cook
4. stirring often
5. until softened
6. about 8 minutes. Add garlic and cook
7. stirring constantly
8. until fragrant
9. about 1 minute. Stir in harissa and tomato paste; cook
10. stirring constantly
11. until caramelized
12. about 2 minutes. Pour in wine and cook
13. scraping the bottom of the pot with a wooden spoon to loosen any browned bits
14. until reduced by two thirds
15. about 5 minutes. Stir in tomatoes
16. bay leaf
17. chuck roast
18. and remaining 1 teaspoon salt. Reduce heat to medium-low and cover. Cook
19. stirring occasionally
20. until meat is tender
21. sauce has thickened
22. and flavors meld
23. about 2 1/2 hours. Remove and discard bay leaf. Transfer meat from Dutch oven to a cutting board and shred using 2 forks. Return meat to pot and stir in pappardelle. Top with grated Parmesan cheese.