



Ragù Bolognese North Italian Meat Sauce

Jacob · 30/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

28

Description

This North Italian recipe comes from Bologna Italy One unusual characteristic of this Bolognese sauce is that it has no garlic but there is a hint of ground nutmeg Serve over hot cooked pasta

Ingredients

- - 4 tablespoons butter
- divided - 1 cup diced onion - 1 cup chopped carrot - ½ cup chopped celery - 4 ounces pancetta
- diced - 2 tablespoons olive oil - 12 ounces lean ground pork - ¼ pound lean ground beef - ½ cup white wine
- 2 cups beef stock - 2 tablespoons tomato paste - ½ pound chicken liver - 1 cup heavy whipping cream - 1 teaspoon salt
- or to taste - ½ teaspoon freshly ground black pepper
- or to taste - 1 pinch ground nutmeg

Instructions

1. In a large skillet
2. melt 2 tablespoons butter over medium heat. Add onion
3. carrot
4. celery
5. and pancetta; cook
6. stirring often
7. until lightly browned
8. about 10 minutes. Transfer to a heavy large saucepan. In the same skillet
9. heat olive oil over medium heat. Cook and stir ground pork and beef in hot oil until crumbly and browned. Pour in wine
10. increase heat to medium-high
11. and boil briskly
12. stirring constantly
13. until almost all of the liquid has evaporated. Transfer ground meat mixture to the saucepan with pancetta and vegetables. Set the skillet aside. Stir beef stock and tomato paste into the saucepan; bring to a boil. Reduce heat and simmer
14. partially covered
15. for 45 minutes
16. stirring occasionally. Meanwhile
17. melt remaining 2 tablespoons butter in the skillet over medium-high heat. Sauté chicken livers in hot butter until firm and lightly browned
18. 3 to 4 minutes. Remove livers from the skillet and dice. Set aside and add to sauce 10 minutes before it is done. A few minutes before serving
19. stir in cream and cook until sauce is heated through. Season with salt
20. pepper
21. and nutmeg.