



Bolognese



Ingredients:

- Homemade Pappardelle
- 1 Tablespoon Butter
- 1 Tablespoon Olive oil
- 2 Carrots, minced
- 2 Celery, minced
- 1 Red onion, minced
- 6 cloves of garlic, minced
- 1 lb ground beef, higher fat
- 1 lb Italian sausage
- 2 cups of halved tomatoes
- 2 15 oz cans tomato sauce
- 1 15 oz can fire roasted tomatoes
- ¼ cup heavy cream
- ¼ cup milk
- Heavy dash of white wine
- Zest of 1 lemon
- A squeeze of lemon juice
- 1 Dash of nutmeg
- 2 Bay leaves
- Salt and pepper to taste
- Parmesan cheese for serving

Method:

1. Pre heat oven to 425°F.
2. Place 2 Cups of fresh tomatoes on a baking sheet and drizzle with oil and salt.
3. Roast for 20 minutes or until soft and charred bits are appearing.
4. Remove the tomatoes and set aside.



5. Once cooled a little, blend the tomatoes in a blender to make a tomato sauce.
6. In a Dutch Oven over medium high heat, add the butter and oil. Once melted, add the carrots, celery, and onion.
7. Sauté, stirring occasionally until tender, about 5 minutes.
8. Add the garlic and cook for another minute.
9. Add the ground beef and sausage and use a meal chopper to combine meat as it is cooking.
10. Once the meat is cooked, start adding all the other ingredients.
11. Stir to combine and simmer for 1-3 hours or up to an entire afternoon. Remove the bay leaves and serve with fresh pasta and fresh parmesan cheese.