

## Bolognese Sauce



### From the Sensenig's Recipe Book

#### Ingredients

1 large onion or 2 small, cut into 1-inch dice  
2 large carrots, cut into 1/2-inch dice  
3 ribs celery, cut into 1-inch dice  
4 cloves garlic  
Extra-virgin olive oil, for the pan  
Kosher salt  
3 pounds ground chuck, brisket or round or combination  
2 cups tomato paste  
3 cups hearty red wine  
Water  
3 bay leaves  
1 bunch thyme, tied in a bundle  
1 pound spaghetti  
1/2 cup grated Parmigiano-Reggiano  
High quality extra-virgin olive oil, for finishing

#### Preparation

In a food processor, puree onion, carrots, celery, and garlic into a coarse paste. In a large pan over medium heat, coat pan with oil. Add the pureed veggies and season generously with salt. Bring the pan to a medium-high heat and cook until all the water has evaporated and they become nice and brown, stirring frequently, about 15 to 20 minutes. Be patient, this is where the big flavors develop.

Add the ground beef and season again generously with salt. **BROWN THE BEEF!** Brown food tastes good. Don't rush this step. Cook another 15 to 20 minutes.

Add the tomato paste and cook until brown about 4 to 5 minutes. Add the red wine. Cook until the wine has reduced by half, another 4 to 5 minutes.

Add water to the pan until the water is about 1 inch above the meat. Toss in the bay leaves and the bundle of thyme and stir to combine everything. Bring to a boil and reduce to a simmer, stirring occasionally. As the water evaporates you will gradually need to add more, about 2 to 3 cups at a time. Don't be shy about adding water during the cooking process, you can always cook it out. This is a game of reduce and add more water. This is where big rich flavors develop. If you try to add all the water in the beginning you will have boiled meat sauce rather than a rich, thick meaty sauce. Stir and **TASTE** frequently. Season with salt, if needed (you probably will). Simmer for 3 1/2 to 4 hours.

#### Notes:

I often use hot sausage with the hamburger. Also, some chopped pancetta adds some additional flavor. Perfect over pappardelle, also I use it in lasagne.

#### Source:

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