

Ragu Bolognese Recipe

<http://tikkido.com/blog/bolognese-Italian-pasta-meat-sauce-recipe>

A Recipe From *tikkido*

Ingredients:

- 1 onion
- 1 cup carrots, minced
- 1 cup celery, minced
- 1 head garlic, minced
- 4 Tablespoons butter
- ½ bottle of dry red wine
- 1 28oz can of crushed tomatoes
- 1 pound center-cut bacon, finely chopped
- 1 pound ground pork
- 1 pound ground beef
- 1 pound ground lamb
- 1 cup milk
- 1 quart chicken broth
- 1 cup cream
- ½ cup Parmesan cheese, grated
- 1 Tablespoon Thai fish sauce
- salt and pepper, to taste



Instructions:

1. Mince vegetables. In a large Dutch oven, melt butter, and cook vegetables until soft.
2. Add meats and cook just until the meat is cooked through.
3. Add wine and cook until the liquid is mostly evaporated. Add the stock, tomatoes, milk, and some salt and pepper and bring to a simmer.
4. Transfer to a 300 degree oven, uncovered, and cook for 3-4 hours, stirring occasionally, until a layer of clear fat forms on the top of the sauce.
5. Skim off most of the fat, leaving about a cup behind.
6. Stir in the cream, Parmesan, and fish sauce, and heat on the stovetop, stirring constantly to emulsify the mixture. Enjoy!