

Bolognese Sauce

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Servings: 16



The reason for not using a garlic press is that the juice of the garlic will stick to the press and the juice from the fresh garlic is important to Italian cooking. Italians only use oregano on salad type dishes.

Ingredients

4 Pounds extra lean ground beef
7 ounces carrot, diced fine
3 large Spanish onions, diced fine
1 whole nutmeg, ground
36 ounces tomato paste, 3 12-ounce cans.
1 tablespoon garlic, chopped
sea salt
4 bay leaves
extra virgin olive oil

Cooking Method

Using a very large sauce pan..

1. Sauté garlic and chili peppers in olive oil.
2. Add finely diced carrots, celery, and onion and cook until limp.
3. Add ground meats and hot water to cover meat and brown.
4. When meat is browned, add tomato paste, adding more hot water if necessary.
5. Add ground nutmeg, salt, and bay leaves and allow to cook for 3 and ½ hours.
6. Adding more water as needed.
7. This sauce will be quite thick.

It is recommended that the thick meat sauce be stored in aluminum containers immediately.

- Do not use plastic, and do not allow to cool to room temperature.
- This sauce can be frozen for up to 6 months.

DO NOT add oregano.

DO NOT use a garlic press.