

Traditional Ragù alla Bolognese

Serves: 4 | **Prep Time:** 15 Min | **Cook Time:** 140 Min | **Difficulty:** Medium



INGREDIENTS

- 10 Ounces (300 grams) of Ground Beef (or Veal)
- 3.5 Ounces (100 grams) of Prosciutto
- 1/2 Glass (4 oz) of Red Wine
- 1 Glass (8 oz) of milk
- 1 Tbsp of Tomato Paste
- 1 Large Onion
- 1 Large Carrot
- 1 Stalk of Celery
- Chicken broth (or water and stock cube)
- Salt and Pepper to taste

NOTES

Add Toasted Bread!

DIRECTIONS

1. Dice up the carrots, onions and celery making a soffritto, which is similar to sofrito in Spanish cooking and a mirepoix in French cooking.
2. Dice up the Prosciutto into small cubes.
3. Bring to a boil the chicken broth (or water with a bullion cube).
4. In a sauté pan, add a tablespoon of oil and heat the pan to medium-high.
5. Add the pancetta to the sauté pan.
6. Cook for a few minutes, remove and set aside.
7. Heat another pan to medium-high, add oil and add the onions and sauté until clear.
8. Now add the celery and the carrots.
9. When the soffritto is soft, add the ground beef.
10. Sauté on medium-high heat until well browned.
11. Add the pancetta and sauté for 5 more minutes.
12. Add the half-glass of red wine to the pan and stir the mixture until the wine evaporates.
13. Mix in the tomato concentrate.
14. Add the chicken broth when the pan and mixture gets too dry.
15. Let it cook for 1 hour, adding broth as it evaporates.
16. Add the glass of milk and continue to mix until it evaporates.
17. Continue to add another ladle of chicken broth when the pan is dry.
18. Let it cook for another hour, adding broth as it cooks off.
19. Now the sauce is ready to serve on your favorite pasta.