

Spaghetti Bolognese (Ragù alla Bolognese)



Ingredients:

- 1 pound (450g) ground beef or a mixture of beef and pork
- 1 large onion, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 cup (240ml) red wine (optional)
- 1 can (28 oz/800g) crushed tomatoes
- 2 tablespoons tomato paste
- 1 cup (240ml) beef or vegetable broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste
- 1/2 cup (120ml) whole milk or heavy cream
- 1 pound (450g) spaghetti
- Grated Parmesan cheese for serving
- Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Sauté Vegetables:

- Heat olive oil in a large, heavy-bottomed pot over medium heat.
- Add finely chopped onions, carrots, celery, and minced garlic. Sauté until the vegetables are softened and the onions are translucent.

2. Brown the Meat:

- Add the ground beef (or beef and pork mixture) to the pot. Break it up with a wooden spoon and brown the meat until fully cooked.

3. Deglaze with Wine (Optional):

- If using red wine, pour it into the pot to deglaze, scraping up any browned bits from the bottom of the pot.

4. Add Tomatoes and Tomato Paste:

- Add crushed tomatoes and tomato paste to the pot. Stir to combine.

5. Pour in Broth and Add Herbs:

- Pour in the beef or vegetable broth.
- Add dried oregano, dried basil, dried thyme, bay leaf, salt, and pepper. Stir well.

6. Simmer the Sauce:

- Bring the sauce to a simmer, then reduce the heat to low. Cover the pot and let it simmer for at least 1.5 to 2 hours, stirring occasionally. The longer it simmers, the richer the flavor will be.

7. Add Milk or Cream:

- About 10-15 minutes before serving, stir in the whole milk or heavy cream. This adds a creamy richness to the sauce.

8. Cook Spaghetti:

- In a separate pot, cook the spaghetti according to the package instructions. Drain.

9. Serve:

- Remove the bay leaf from the Bolognese sauce.
- Serve the sauce over the cooked spaghetti.
- Garnish with grated Parmesan cheese and chopped fresh parsley if desired.

10. Enjoy:

- Serve hot and enjoy your homemade Spaghetti Bolognese!

Feel free to adjust the seasoning and consistency of the sauce to suit your taste. This classic dish is perfect for a comforting and satisfying meal.