

RAGU BIANCO

WHITE RAGU

INGREDIENTS

525g minced beef (not too lean)
225 gr of salsiccia
Approximately 600 ml of meat stock
3 tablespoons of extra virgin olive oil
1 large carrot or two small ones
1 - 2 ribs of celery
1 large or 2 medium onions
2 sprigs rosemary
2 bay leaves
Large pinch nutmeg
250ml dry white wine
1 1/2 tablespoon of cornstarch or cornstarch (or flour)
salt

METHOD

1. Finely chop the onion, carrot, and celery. Heat 2–3 tablespoons of oil in a saucepan and sauté the vegetables for about 1 minute.
2. Add the minced meat and the sausage (with the casing removed). Stir briefly, then mix in the spoonful of cornstarch—this trick helps achieve a creamy white ragù.
3. Increase the heat and let the mixture cook until fragrant. Pour in the white wine and let it evaporate over high heat.
4. Add 2–3 ladles of boiling meat broth, ensuring the meat is fully covered. Then, place two whole sprigs of rosemary, bay leaves and pinch of nutmeg in the pan.
5. Cover and let it simmer over low heat for at least 40 minutes, allowing the flavors to meld.
6. In the final few minutes, remove the lid and let the ragù thicken further on the heat. The texture should be creamy, rich, and not watery.
7. Taste and adjust with salt as needed. If the sauce requires it, drizzle in another spoonful of olive oil before serving.

THE
COOKERY

by The Secret Jozi Chef