



Bolognese Sauce

Adapted from Tyler Florence

BAH Note: I'd never actually had Bolognese sauce before I made this recipe so I don't know how thick or thin the sauce was supposed to be. I wish I would have cooked it longer so that the liquid had reduced even more because even after 90 minutes of simmering, it was a bit soupy. Also, I'd start off with 3/4 teaspoon cinnamon first and see how you like it. You can always add more to get a more pronounced flavor, but you can't take it out once it's in there.

- 1 medium onion, roughly chopped
- 2 celery ribs, roughly chopped
- 2 large or 4 small carrots, peeled and roughly chopped
- 4 garlic cloves, peeled
- 2 pounds ground beef, pork, and veal mix
- 1 28 ounce can whole San Marzano tomatoes, crushed (by hand)
- 1 cup milk
- 4 cups chicken broth
- 1 1/2 teaspoon ground cinnamon
- grated Parmesan
- 1 tablespoon olive oil
- 1/2 tablespoon butter
- salt and pepper

Puree the onion, celery, carrot, and garlic in a food processor until smooth. Heat olive oil in a large dutch oven over medium high heat. Add vegetables and cook for five minutes. Add the ground beef mixture to the pot, season with salt and pepper, and cook until the meat is brown. Once the meat browns, add the crushed tomatoes, tomato juice, milk, broth, and cinnamon to the pot. Bring to a boil then reduce to a simmer and cook for 90 minutes until the sauce reduces and the meat is quite tender. Stir in the butter and season to taste with additional salt and pepper.

Serve over your favorite pasta garnished with grated Parmesan.