

Bolognese Sauce (serves 6)

- 2 tablespoons olive oil
- 1 carrot
- 1 celery stalk
- 1 onion
- 1 clove of garlic, minced
- 1 1/2 pounds of ground chuck beef
- 1/2 cup red wine
- 2 tablespoons tomato paste
- 1 28-ounce can crushed tomato
- salt
- pepper
- 1 whole bay leaf
- 1/3 cup whole milk

Chop the carrot, celery and onion into small pieces. In a medium to large pot add the olive oil and the chopped vegetables, cook the mixture covered on low heat until the onion is transparent. Move vegetables towards the outer surface of pot, creating a 'lake' in the middle. Add garlic and cook until slightly toasted. Raise the heat to medium and add the ground beef, stirring and breaking up the meat as it cooks and browns. Raise the heat to high and add the red wine and cook until the wine has evaporated. Lower the heat to medium and add the tomato paste. Stir until heated through. Add crushed tomato, salt, pepper and one whole bay leaf. Bring the sauce to a boil, then gradually lower the heat to the lowest level. Cook from 1 to 3 hours stir occasionally. Before serving, remove the bay leaf, add milk, stir and heat through.