



Bolognese Sauce

INGREDIENTS

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| 1 tablespoon of olive oil | 1/2 cup of dry red wine |
| 1-1/2 cups of diced yellow onion | 28 ounces of crushed tomatoes , in purée |
| 1/2 cup of diced carrots | 1/2 cup of water |
| 1/2 cup of diced celery | 1/2 cup of Italian parsley , divided |
| 1 pound of ground beef chuck | 1/4 cup of heavy cream |
| 1/2 pound of ground pork | A pinch of ground nutmeg |
| 4 ounces of diced pancetta | Kosher salt and freshly-ground black pepper |
| 2 cloves of garlic , minced | Cooked Tagliatelle or Pappardelle |
| 2 tablespoons of tomato paste | |

METHOD

Heat olive oil in the Instant Pot on the hottest sauté setting, add onions, carrots, and celery, and cook until softened and lightly browned, about 8-10 minutes.

Add ground beef, pork, and pancetta to the Instant Pot with 1 teaspoon kosher salt and 1/2 teaspoon freshly-ground black pepper, sauté, breaking up meats with a spoon, until browned and most of the juices have evaporated.

Add garlic and tomato paste to the Instant Pot, and cook for 1 minute, until fragrant.

Deglaze the pot with the red wine, scraping up any brown bits from the bottom, simmer for 2-3 minutes, until most of the wine has evaporated.

Stir in the crushed tomatoes in purée, water, and 1/4 cup of chopped parsley. Bring to a simmer. Place lid on Instant pot, seal, and set the unit to high pressure for 20 minutes.

Quick release pressure and carefully lift lid when the float drops. Switch the Instant Pot to the lowest heat sauté setting and bring to a bubble. Simmer, uncovered, for 5-10 minutes, stirring often, until the sauce is thickened to your desired consistency.

Stir in the heavy cream, remaining 1/4 cup of chopped parsley, and ground nutmeg.

Season to taste with salt and pepper.

Serve over cooked pasta with plenty of freshly-grated cheese and a sprinkling of parsley, if desired.