

APRIL RECIPE

RECOMMENDED PAIRING: 2015 TERRE NERE CAPRIOLO BRUNELLO DI MONTALCINO

INGREDIENTS

- 2 TBS (30ml) olive oil
- 2 LB (0.9kg) ground lamb
- 1/2 tsp (2.5ml) ground cinnamon
- 1/8 tsp (0.6ml) ground nutmeg
- 1 tsp (5ml) salt
- 1 tsp (5ml) pepper
- 1.5 TBS (22ml) fresh rosemary, finely minced
- 1 TBS (15ml) dried oregano
- 1 small carrot, finely minced
- 1 small stalk celery, finely minced
- 1 onion, finely minced
- 3 cloves fresh garlic, finely minced
- 1.5 cups (350ml) good, full bodied red wine
- 14.5oz can (400g) whole tomatoes
- 3 cups (384g) tomato sauce
- 1/2 cup (118ml) water
- 2 TBS (30ml) fresh Italian parsley, finely minced
- 1 TBS (15ml) fresh mint, finely minced
- 3-4oz (85-115g) per person, pappardelle noodles
- Shaved Parmesan cheese to serve



PAPPARDELLE WITH LAMB RAGU

1. Heat olive oil in a large pot. Add lamb, cinnamon, nutmeg, salt, pepper, rosemary, and oregano. Cook over medium heat, breaking up lamb pieces with a spoon until lamb loses its color, about 6 minutes.
2. While lamb is cooking, finely mince carrot, celery, onion, and garlic. Add to lamb and sauté for 10 minutes.
3. Add red wine, turn up the heat, and reduce wine by half, about 5 minutes. Add the whole tomatoes, breaking them carefully into small pieces with your fingers as you drop them in the pot along with all juices. Add tomato sauce and water. Bring to a boil, then reduce heat, so the sauce barely simmers. Cook for two to three hours, occasionally stirring. If sauce gets too thick, add more water.
4. Bring a pot of salted water to boil and cook your pasta according to instructions. If you make your own pasta, it will cook in a few minutes. Do not overcook.
5. Drain pasta, reserving ½ cup of the water. Return pasta to the pot. Add the parsley and mint to the ragu, then ladle enough sauce over the pasta that the noodles are nicely coated when you toss them. Add some pasta water if the sauce seems too thick. Plate, sprinkle with Parmesan, and serve with additional Parmesan on the table.

TIME

- Prep Time: 30 minutes
- Cook Time: 2-3+ hours

SERVING SIZE: 10

This recipe makes a lot, but trust us, this heavenly ragu freezes well for up to two months and can be used in lasagna, baked penne (throw in some feta cheese), or for another round as a delicious main course. You can prepare this sauce up to four days in advance and refrigerate. Then simply reheat and use on top of the freshly cooked pasta!

