

Italian Bolognese

- 2 lbs of our 'hamburger' ground beef OR 1lb of each ground hamburger and pork
- 1 large sweet or white onion chopped small
- 1 large carrot shredded
- 1 stalk of celery chopped small
- 1 cup red wine
- 1/2 cup of tomato paste or 1 whole thing of the small cans
- 1 large can or the equivalent of whole tomatoes hand-squished by you or taken out and chopped
- 2-3 cups of any stock of choice depending on consistency preference
- *optionally a bundle of fresh oregano and bay leaves is added while the sauce is boiling and taken out before eating
- salt and fresh cracked pepper to taste
- *add 1 tablespoon of chili flakes for some heat
- *optionally if you have a parmesan rind throw that in for some umami and take it out before serving

This recipe requires some passive cooking time but is a great flavourful one-dish meal that can be easily prepared in 30 minutes and then needs 2-3 hours simmering lightly covered on the stove to achieve maximum flavour

First brown and generously salt the ground meat in batches to not crowd the pan and get some color on the meat, use a high heat oil or animal fat in the pan, pot or Dutch oven. Place all the browned meat in a separate bowl, add the chopped vegetables to the hot vessel, and saute for 3-5 minutes on medium-high. Then add the tomato paste and mix around until the color of the paste deepens slightly, around 3 minutes. Then add the browned meat back to the pot and all of the other ingredients. Bring the pot to a boil, lower it to a vigorous simmer and lightly cover the pot for 2-3 hours. Optionally if you are using a Dutch oven or prefer to use the oven, you may put it in the oven at 325* for the same amount of time also lightly covered.

Serve over your favorite type of pasta, polenta, or crusty bread topped with parmesan cheese.