**RAGU BOLOGNESE**

FLIGHTS BY JIMMY

A bowl of food

Description automatically generated with medium confidence

Bolognese with ½” egg noodles

Ragu bolognese is a dish that has a lot of memories for me. I first fell in love with ragu bolognese in Destin, Florida, where I was stationed at Hurlburt Field. I spent about 10 years there with Air Force Special Operations. There is a restaurant in Destin called La Famiglia which I would frequent quite often. I became good friends with the proprietors daughter, Michaela. On many evenings after flying, I would sit at the restaurant bar and eat a bowl of bolognese and chat with the family.

This is nearly an all-day dish and at a minimum, 4 hours are required. The long simmer of the beef with the white wine and milk is what gives bolognese its distinct flavor. There are a couple important tips to making a superb ragu bolognese.

1. Use a high fat content ground beef of about 20%. This makes the richness of the dish.
2. Cream or half and half will take this dish to the next level.
3. Wider pasta will make the mouth-feel of this dish nice.

Ragu Bolognese

Serves 10

2 hrs of work concurrently with about 4 hrs of cooking (not going to sugar coat it, set aside at least half of a day)

Ingredients

¼ C EVOO

¼ C butter

2 C each finely chopped or coarsely grated

Onion

Celery

Carrot

7-8 cloves garlic, minced

3 lbs ground beef, 20% fat

½ lb pancetta diced

8 oz tomato paste

1 C whole milk

½ C half and half or cream

1 ½ C white wine

Salt for sprinkling on both sides of ground beef

1.5 Lbs wide pasta (weight before cooking)

Tools

Extra large, wide pan (I used a 14” frying pan)

Food processor (makes things easier, but not required)

1. Slowly heat pan with 2 Tbsps EVOO.
2. Dice or coarsely shred vegetables and saute’ until onions are translucent.
3. Remove most of the vegetables then saute’ the pancetta. Salt the ground beef, add remainder of EVOO and brown with the pancetta on high heat for about 15-20 min. Be sure to dice up the ground beef in the pan.
4. Return vegetables to the pan and combine with meat. Turn heat to med-low and continue to saute’ for about 30 min.
5. Add tomato paste and sauté for about 20 min.
6. Add milk products and sauté for about an hr.
7. Add wine and continue to sauté for another 1 ½ hrs. Be sure to add a bit of water if sauce becomes too dry.
8. Cook pasta.
9. Combine completed pasta and sauce. Hold some of the sauce in reserve if you don’t want to overwhelm the pasta. Add a bit of pasta boiling water to loosen up the bolognese. SERVE!

Recipe by Jimmy, [www.flightsbyjimmy.com](http://www.flightsbyjimmy.com)

Adapted from Mario Batali.