

Recipe

Four-Meat Bolognese (beef, pork, lamb & veal)

Ingredients

1/2 lb. ground beef
1/2 lb. ground lamb
1/2 lb. ground pork
1/2 lb. ground veal
4 slices thick cut bacon, chopped into 1/4 inch pieces
1/4 lb. chicken liver
1 medium onion, diced (1/4 inch pieces)
2 medium carrots, peeled and diced
4 stalks celery, diced
3 large cloves garlic, diced
2 cups red or Port wine
1/4 cup dry Sherry
2 bay leaves
1 Tbls, fresh sage, minced
1 6 oz. can tomato paste
1 8 oz. can diced tomatoes
1/4 cup Worcestershire
1 Tbls. soy sauce
2 cups water
2 1/2 tsp. kosher salt
1 1/2 tsp. ground black pepper
1 lb. pappardelle noodles, egg noodles or other pasta
1/4 lb. fresh block parmesan for grating over the dish when serving



Directions

- Add beef, pork, lamb and veal to a Dutch oven or a large, heavy soup pot and cook over medium heat
- Break up the meat with a flat-edged wooden spoon while cooking, until the meat is cooked and fat has rendered off (about 15 minutes)
- Remove cooked meat from heat and strain off rendered fat
- Reserve ¼ cup of the fat, and add it back to meat
- Set aside in a separate container
- Add the chopped bacon to the same Dutch oven used to cook the meat
- Cook over medium heat until fat is well rendered (do not remove or discard rendered fat)
- Add chopped onions, carrots, celery and garlic and sauté in rendered bacon until onions are translucent (about 8 minutes)
- Add red wine, Sherry, Worcestershire and soy sauce to the pot while still hot and scrape the cooked-on bits of vegetables, meat and fat (also known as the fond) off the bottom of the pan (this process is called *deglazing* and helps to build the flavors into the ragout)
- Add tomato paste, canned diced tomatoes, cooked ground meats to the vegetables and reduce heat to low and continue cooking, stirring occasionally
- While the ragout continues to stew, blend the fresh chicken liver whole in a blender or food processor until smooth
- Add the pureed chicken liver to the ragout and stir until well blended (this is essential to help thicken the recipe into a perfect ragout-like consistency, while adding to the complexity of the flavors)
- After adding the liver to the ragout, turn the heat up to medium and continue to cook for about 15 minutes
- Add the 2 cups of water, bay leaf, sage, salt and pepper



- Reduce heat to low and simmer the ragout for another half hour (ragout should be thick yet loose enough to ladle onto pasta)
- Test and salt to taste, if needed
- Serve over freshly cooked pappardelle pasta, or other pasta with freshly shaved parmesan (such as Parmigiano-Reggiano)
- Garnish with fresh-chopped Italian parsley basil (optional)

Chef's Notes

