

Ragu alla Bolognese

Amount	Measure	Ingredient - Preparation Method
2	small	yellow onion - finely chopped
2	large	carrot - 1/4" dice
4	stalks	celery - 1/4" dice
4	tablespoons	butter
1/4	cup	extra virgin olive oil
3	pounds	lean ground beef
1	teaspoon	salt
3	cups	dry white wine
2	cups	low-fat milk
1/2	teaspoon	ground nutmeg
2		28oz can whole peeled tomatoes
1		14oz can whole peeled tomatoes

Put onions, carrots, celery, butter and oil in a heavy-bottomed Dutch oven and place over medium-high heat. Cook, stirring occasionally, until the vegetables are lightly browned, 8 to 15 minutes.

Add beef and break up with wooden spoon. Season with salt and continue stirring until the meat has lost its red color, about 4 minutes.

Add wine and cook, stirring occasionally, until it has almost completely evaporated, 18 to 25 minutes. Add milk and nutmeg and cook, stirring occasionally, until the milk has mostly evaporated, 12 to 18 minutes.

Coarsely chop the tomatoes and add them and juice to pot. Once the tomatoes have started bubbling, reduce the heat to low so that sauce is barely simmering. Cook uncovered for 4 hours, stirring occasionally. If all the liquid evaporates, add water 1/2 cup at a time as needed. After 4 hours, make sure all liquid has evaporated before removing from heat. Skim any fat from surface before serving.

Yield: "10 cups"