

MINCED BEEF THE BOLOGNESE WAY WITH TAGHIATELLE



Ingredients (serves 4 people):

200 ml extra virgin olive oil

4 cloves garlic, minced

1 chopped onion

1 chopped carrot

1 stalk of chopped celery

350 g of ground beef

200 g ground pork loin

150 g of skinless ground smoked sausage

Chopped Rosemary to taste

Chopped thyme to taste

Salvia chopped to taste

Chopped basil to taste
Chopped parsley to taste
Chopped green onions to taste
250 ml dry red wine
1 tbsp wheat flour
2 tbsp double concentrated tomato paste
2 cans of peeled tomatoes by hand
600 g of rigatoni
1 tbsp butter without salt
250 g freshly grated Parmesan
Chopped basil leaves to taste
Salt to taste
Black pepper to taste
Nutmeg to taste

Preparation:

1. For the bolognese sauce, beat the food processor with garlic, onion, carrot and celery.
2. After processing fry the vegetables in olive oil over low heat.
3. Add the ground meat and fry well.
4. Add the thyme, sage, parsley and green onions to the meat.
5. Season with salt, pepper and plenty of nutmeg.
6. Add red wine and cook until dry.
7. Put the wheat flour, the concentrated tomato and the peeled tomatoes.
8. Cook until thickened.
9. Cool and set aside.
10. Cook the rigatoni.
11. Remove from water and throw into a buttered pan and store some water.
12. Put the sauce, stir constantly with spoon and pour a little of the cooking water, if necessary, Parmesan until incorporated or for 5 minutes.
13. Add the torn basil.
14. Serve immediately.