

BOLOGNESE SAUCE

FROM CHEF AMELIA'S KITCHEN

A NOTE FROM CHEF AMELIA:

This recipe does require some time and effort but is well worth your time! I like to serve it on top of fresh pappardelle, a thick cut egg noodle. Don't forget the fresh basil and parmesan cheese!

INGREDIENTS:

- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 6 cloves of garlic, minced
- 1 lb cubed steak
- 2 tablespoons unsalted butter
- ½ cup thick cut bacon, cubed
- 1 16 oz can crushed tomatoes
- ½ cup beef broth/red wine/water
- ½ cup parmesan cheese, grated
- ¼ cup heavy cream
- 1 teaspoon Italian seasoning
- ½ teaspoon crushed red pepper
- Salt and pepper to taste

INSTRUCTIONS:

1. Melt the butter in a large saucepan.
2. Brown your beef and bacon, then remove, keeping all grease in the pan.
3. Sauté the onions, garlic, and carrots in butter/beef/bacon fat.
4. Add the meat back to the pan and add the Italian seasoning and crushed red pepper.
5. Deglaze with your choice of beef broth, red wine, or water (as a last resort).
6. Add the can of crushed tomatoes and let simmer for an hour, covering the pan but leaving it cracked.
7. Remove from heat, then add the heavy cream and cheese.
8. Season with salt and pepper, to taste.

