



## Spaghetti Al Ragu

*This is a classic meat bolognese sauce. It requires long slow cooking for the sauce to develop a thick, rich consistency.*



Put the olive oil, 3 tablespoons of the butter and all the onion in a heavy, deep saucepan over a medium-high heat and sauté until the onion has turned a light golden color.

Add the carrot and celery and continue sautéing until they begin to change color.

Add the beef, breaking it up with a wooden spoon. Add some salt and cook, stirring occasionally, until the meat is just browned.

Add the wine and cook, stirring occasionally, until it has completely evaporated. Add the milk and nutmeg and continue to cook, stirring, until most of the milk has evaporated.

Add the tomatoes, stir, and once they start to bubble, turn the heat down to very low. Simmer uncovered for at least 3 hours, stirring occasionally.

Bring 4 quarts of water to a boil in a large saucepan or pot. Add 1 tablespoon of salt and the pasta, stir well, and cook until al dente. Drain and toss with the hot or reheated sauce, the remaining butter and the freshly grated cheese. Taste for salt and serve at once.

(For 1 lb dried, spaghetti)

3 Tbs extra-virgin olive oil

5 Tbs butter

2 Tbs finely chopped yellow onion

2 Tbs finely diced carrot

2 Tbs finely diced celery

3/4 lb coarsely ground lean beef

salt

1 cup dry white wine

1/2 cup whole milk

1/8 tsp freshly grated nutmeg

2 cups canned whole peeled tomatoes, with their juice, coarsely chopped

1/2 cup freshly grated parmigiano-reggiano cheese