

# Authentic Bolognese Sauce

<https://www.vincenzosplate.com/authentic-bolognese-sauce/>

## Ingredients

- 1 Red onion Brown. Chopped
- 3 stalks Celery Chopped
- 3 Carrots Chopped
- 500 grams Pork 17.6oz. Mince
- 300 grams Beef 10.5oz. Mince
- 200 grams Veal 7.05oz. Mince
- 1 L Italian tomato passata 4.2 cups
- 400 grams Tomatoes 14.1oz. Peeled
- 150 grams Tomato paste 5.29oz
- Extra virgin olive oil EVOO
- 1 glass Red wine
- 1 mug Full cream milk
- Salt and pepper
- 1-2 L Water to be boiled using the kettle

## Instructions

- Authentic Bolognese sauce starts with a soffrito, so place a large pot on your stove (medium heat), add a generous amount of extra virgin olive oil and once warm, add onion.
- When the onion begins to look glossy and golden, add carrots, celery and then stir through, leaving to cook for 4-5 minutes.
- Next add ½ glass red wine (118ml) to the authentic Bolognese sauce and leave to simmer on low for a few minutes or until the wine evaporates.
- Add the mince and break it down using a wooden spoon and/or fork before seasoning with only salt and pepper.
- Mix every so often to ensure the mince is all cooked through, leaving to brown.
- Once the water has evaporated, mix in the other half glass of red wine.
- In total, authentic Bolognese sauce should cook for up to 4-5hr and this will make the meat more tender.
- After allowing the wine to evaporate again, mix through the passata, paste and peeled tomatoes.

- Crush tomatoes using the wooden spoon as you stir through.
- After 1.5hr, add 1L/4.2cups boiled water to the pot and mix through. At this point, taste for salt – this is a preference of taste, add only if you want more as no other seasoning is necessary for an authentic Bolognese sauce!
- Then after another hour or so, add more – the trick is when the sauce looks dry, add water, this will thicken the mixture and allow the mince to become more tender.
- Allow the sauce to bubble only a small amount and not spurt everywhere. If it is bubbling too much, turn the heat down.
- When the sauce is 1/2 hr away from being ready, boil 5L water in a second pot then add a tablespoon of rock salt, leaving it to dissolve.
- Once the sauce has been cooking for up to 5hr, remove it from the heat and leave to rest.
- Add your choice of pasta to the water (ours is Pappardelle) and cook according to the packet instructions.
- While the pasta is boiling, prepare a large fry pan for mixing!
- Next add a cup of full cream milk to your sauce and stir through then put it back on the stove for 5 minutes.
- Finally, place a frypan on the stove at a low heat, and add a generous spoonful (or two!) of Bolognese sauce, covering the base.
- Next, add the strained pasta into the pan along with a cup of pasta water.
- Mix this through until the pasta is completely lathered before adding another generous amount of authentic Bolognese sauce and mix again.
- E ora si mangia, Vincenzo's Plate....Enjoy!

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