

PASTA BOLOGNESE

Recipe by Chef Anthony Pangelina

So, I'm sharing today this pasta Bolognese recipe inspired by the traditional recipe with some healthier swaps. First, I don't use pork, which is often used along with beef to add more flavor because of its fat. I only use lean ground beef. But I don't drain the beef after cooking, so it keeps some of juice for the sauce. Second, I don't use red wine. Instead, I substitute it with pasta water. That still adds lots of flavors and helps the sauce cling better to the pasta.



So, what exactly is Bolognese sauce? Bolognese sauce is basically a sauce made with ground beef, onions, tomatoes and fresh herbs, and served with pasta. It's an Italian meat sauce that originated from the city of Bologna. However, it's more than just beef, onions and a jar of spaghetti sauce. It's about the depth of flavor you get from cooking all the ingredients in stages and letting the sauce simmer so it becomes thick, rich and hearty.

To start, cook ground beef with olive oil, salt and pepper. Then add onions and garlic. I used my frozen garlic that I prepped, but if you have time, fresh garlic is always great.

After you've been patient long enough, you'll notice that the sauce thickens. Now you can throw on some fresh herbs to finish it off. I like using a mix of fresh basil and flat leaf parsley if you have them. And that's basically the Bolognese sauce ready to top your favorite pasta.

Next, add Italian seasoning, crushed tomatoes, tomato paste and some pasta water and mix everything together. You'll notice the sauce looks done and ready to be served at this point. But it's very important to let it simmer for at least 30 minutes. That's how this Bolognese sauce gets that deep and rich flavor.

The Italians traditionally eat the Bolognese with tagliatelle, a flat strand egg pasta similar to fettuccine. You can use other flat ribbon pasta like parpadalle or tripoline. I personally use this sauce with any and all pastas though. And I love mixing it with tube pastas like rigatoni or penne. The meat sauce gets stuck inside the tubes when tossed, and it just adds so much flavor to every bite of pasta.

Pasta Was First Eaten in China. Sure, Italy is hailed as the pasta capital of the world, but did you know that the first reports of pasta were in China, not in Italy. These dates go way back in history, with the first reports of individuals eating pasta comes as early as 5,000 BC. There are more pasta shapes than you think. We all know some of the basic pasta shapes, such as spaghetti, Fettuccini and lasagna, but if you know that there are 600 different shapes of pasta? The average Italian eats 60 pounds of pasta per year, while Americans eat just 26 pounds per year. In Italy, the typical portion is only 100 grams (3 ½ ounces). Compare that to a 700 gram (1 ½ pounds) portion of pasta at Olive Garden, and it's clear why Italians can get away with it.

- Instead of ground beef, you can use ground turkey, ground chicken, or even bulk impossible or Beyond Burger Meat
- Any kind of pasta will work with this recipe, or even spiralized Zucchini in place of pasta
- Canned crushed tomatoes of any brand would work, but Bianco DiNapoli will give you the "old world" taste. Amazon or Walmart both sell online.



**STAFF
ASSEMBLY**

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Ingredients

Olive Oil	1 Tablespoon
Ground Beef	1 pound
Onion, yellow diced	1 each or 6 ounces
Celery, coarsely chopped	1 each or 2 ounces
Carrot, coarsely chopped	1 each or 4 ounces
Salt, Kosher	½ teaspoon
Pepper, black ground	½ teaspoon
Garlic Clove, minced	2 each or ½ ounce
Oregano, dried	1 teaspoon
Basil, dried	1 teaspoon
Crushed Red Pepper	½ teaspoon
Crushed Tomato, cans	2- 15 ounce cans
Tomato Paste	2 Tablespoons
Pasta	16 ounces
Fresh Basil	for serving



1. Bring a large pot of salted water to a boil. Add pasta and cook al dente according to package instructions; drain. Reserve ½ cup pasta water
2. Heat the olive oil in a large deep sauté pan. Add the beef and season with salt and pepper. Brown the beef and break it into smaller pieces with the back of a wooden spoon until cooked through.
3. Add onions and garlic; and season with oregano, basil and crushed red pepper. Sauté for about 5 minutes until they soften. Add crushed tomatoes and tomato paste and pasta water. Mix to combine, bring mixture to a boil and then simmer on low covered for 30 minutes
4. Toss the pasta with the Bolognese sauce and top with fresh basil, if desired.

