

THE CULINARY

Playground



Bolognese

Extra-virgin olive oil
1 pound ground beef
1 pound ground pork
Kosher salt and freshly ground black pepper
4 cloves garlic, peeled
2 carrots, cut into large pieces
1 large onion, cut into large pieces
3 ribs of celery, cut into large pieces
4 stems of fresh sage (bay leaves can be substituted)
1 large can (28oz) San Marzano tomatoes
3 cups chicken stock
1/2 teaspoon ground cinnamon
½ cup half and half
1 cup grated parmesan
2 tablespoons fresh flat-leaf parsley, finely chopped

1. Add carrots, onion, celery, garlic and sage to a food processor and process until you have smooth, vegetable pulp.
2. Coat a large, heavy-based pot with olive oil and set over medium heat. Add vegetable pulp and sauté until fragrant and some of the moisture has cooked off – about 4-5 minutes. Transfer vegetables to a bowl.
3. Season ground beef and pork with plenty of salt and pepper then add to the pan .
4. Stir and break up the meat until it is nicely browned then dust with a little flour before adding wine, tomatoes, milk and cinnamon. Add vegetables back to pot.
5. Bring to a boil, then reduce heat and simmer, until sauce is thick. Add grated parmesan, chopped parsley and re-season with S.P.

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www.culinary-playground.com