

## Recipe for: Pasta alla Bolognese

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### Ingredients

1 package crimini or white mushrooms  
2 Tbs. unsalted butter  
2 Tbs. olive oil  
1 1/2 cups finely chopped yellow or red onion  
2/3 cup peeled and finely chopped carrot  
1/2 cup finely chopped celery  
Half ground beef and half pork to equal about 1 pound  
1 cup red wine  
3 Tbs. tomato paste  
1 can chopped tomatoes  
1 tsp. salt  
1 tsp. ground pepper  
1/2 tsp. ground nutmeg  
3-4 shakes of red pepper flakes (depending on how spicy you like it)  
4 cups beef broth, heated  
1 to 2 cups heavy cream or milk  
1 lb. fresh linguine or pasta of choice  
About 1/4 cup shredded Parmesan cheese

### Directions

In a large sauté pan over medium heat, melt the butter with the oil. Add the onion, carrot and celery and sauté until soft, about 15 minutes. Add the meat and cook, stirring often, until browned, about 10 minutes. Add the wine and cook until evaporated, 8 to 10 minutes. Stir in the tomato paste, and then add chopped tomatoes, salt, pepper, nutmeg, heated broth. Bring to a boil, cover partially, reduce the heat to low and simmer gently, stirring from time to time, until the flavors are fully blended, about 3 hours. Approximately 1/2 hour before end of cooking, add mushrooms.

Sauce should be thick.

Taste and adjust the seasonings. Add the cream or milk to round out the flavor just at the end, pouring it in slowly until the sauce has a pleasant richness.

Add the sauce to the pasta and toss well. Serve with parmesan cheese and crusty Italian bread.