

Ben's Ragù Bolognese

Ben's recipe

FROM THE KITCHEN OF *Benjamin & Teresa*

ADAPTED FROM The Silver Spoon and J. Kenji López-Alt, Serious Eats



YIELD	ACTIVE	TOTAL	CATEGORY
8–10 servings	1 hr	5 hr	Mains · Italian · Winter

MEAT & AROMATICS

¼ cup extra-virgin olive oil
 2½–3 lb ground meat (see notes)
 ½ lb pancetta or bacon (optional)
 1 large onion
 2 carrots
 4 ribs celery
 4 cloves garlic
 ½ cup parsley
 ¼ cup sage (optional)
 2 bay leaves

LIQUIDS

2 cups dry unoaked white wine
 1 qt chicken stock
 2–4 packets Knox gelatin
 28 oz crushed tomatoes
 1 cup milk

TO FINISH

1 cup heavy cream
 2 Tbsp fish sauce
 Parmesan, salt, pepper



THIS RECIPE
 ONLINE
[meltedpot.com/
 recipes/ragu-
 bolognese](https://meltedpot.com/recipes/ragu-bolognese)

DIRECTIONS

- 1 Heat the olive oil in a Dutch oven. Add the ground meat, season with salt and pepper, and break it up until no longer pink. Remove from the heat.
- 2 In another pan, render the pancetta without browning it. Add the onion, carrots, celery, garlic, sage and half the parsley, all finely chopped, and cook until the vegetables soften.
- 3 Add the vegetables to the Dutch oven and cook, stirring occasionally, until most of the liquid is gone.
- 4 Add the wine, stock, gelatin, tomatoes, milk and bay leaves. Season with salt and pepper.
- 5 Bring to a simmer, then transfer to the oven and bake 3–4 hours, scraping the sides of the pot once or twice. The sauce should be almost completely reduced and sitting under a heavy layer of fat. You can finish on the stovetop at a brisk simmer instead, stirring often to avoid scorching.
- 6 Skim off the fat (or refrigerate and lift it off) and add back about a cup, to taste.
- 7 Stir in the cream, Parmesan, fish sauce and remaining parsley. Season, then simmer to thicken. Optionally blend partially with an immersion blender for a finer texture.

NOTES

Use double the gelatin if not using homemade stock. For the ground meat I usually use 1.5 lb beef and 1 lb pork. Fish sauce should be Thai or Vietnamese. To serve, heat the sauce to a simmer, optionally add a dash of balsamic vinegar and chiffonaded basil, then add cooked pasta and cook one minute more. Freezes well; reheat in a pot and finish as above.