



Pasta Bolognese

Ingredients

- ½ ea Yellow Onion
- 1 ea Celery Stalk
- 1 ea Carrot
- 10 oz Ground Beef
- 1.5 oz White Balsamic
- 2 cups Tomato Sauce
- 1 ea Bay Leaf
- ¼ tsp Ground Nutmeg, Thyme & Oregano
- 4 oz Heavy Cream
- 10 oz Fettuccine Pasta
- 4 oz Grated Parmesan
- 6 oz Beef Stock
- 1 oz Fresh Chopped Garlic

At Home Ingredients

- 4 tbl Olive Oil
- To taste Kosher Salt
- To taste Fresh Ground Black Pepper

Kitchen Tools Needed

- 2 Small Bowls
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Medium Pot (for boiling pasta)
- Medium Pot (for sautéing vegetables)

Prepare to Cook

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Cutting Vegetables and Cooking Beef

Chop very finely, onion, celery and carrot. Transfer to a small bowl.

Heat oil in a large pot over medium. Break beef into small clumps (about 1½") and add to pot; season lightly with salt. Cook, stirring occasionally but not breaking meat apart, until beef is lightly browned but not crisp, 6–8 minutes. It may be gray in spots (that's okay!) and still a little pink in the center. Using a slotted spoon, transfer beef to a medium bowl.

Step 2. Cooking Vegetables, Adding Beef

Add vegetable mixture to pot and cook, stirring occasionally, until vegetables are very soft and beginning to stick to the surface, 6–8 minutes. Add garlic and dry herbs and nutmeg and cook for an additional 2 minutes. Return beef to pot and pour in tomato sauce and beef stock. Reduce heat to medium-low

Step 3. Simmering

Add cream to pot and a pinch of salt. Reduce to medium to low heat and cook, uncovered while stirring occasionally. Until meat is very, very tender, 30-minutes to 1 hour There shouldn't be any rapid bubbles at this stage. Instead, the sauce should release the occasional small bubble or two. When finished, the sauce should have the texture of and look like a sloppy joe mixture. If the liquid reduces before the meat is completely tender, add an extra ½ cup water and continue cooking. Discard bay leaf. Taste sauce and adjust seasoning with salt and touch of sugar if necessary; keep warm.

Step 4. Cooking Pasta and Plating

Cook pasta in a large pot of boiling salted water. Cook until very al dente about 8 minutes when water is boiling Using tongs, transfer pasta to pot with sauce. Add 1 cup pasta cooking liquid and ½ of the Parmesan. Increase heat to medium, bring to a simmer, and cook, tossing constantly, until pasta is al dente and liquid is slightly thickened, about 2 minutes.

Transfer pasta to a platter and top with more Parmesan and garnish with fresh herbs if so desired.