

Pasta with bolognese sauce *(Pasta & rice main dishes)*



Preparation

Chop the onion, carrot and celery and fry with plenty of olive oil in a clay pot or heavy casserole. Add the ground beef and brown it with a dash of white wine. Add the diced fresh tomatoes and let them simmer for 15 minutes. Add the tomato passata and a little hot water. Add salt, sugar and pepper. Cook for 4 hours over low heat, stirring occasionally. Once ready add it to pasta, and there you have your Bolognese sauce!

Tips

The best match for Bolognese sauce is undoubtedly homemade tagliatelle; alternatively, you could use spaghetti or some other long pasta.

Trivia

The origin of the Italian term for this meat sauce – ‘ragù’ – is, as you might guess, French: it comes from the word ‘ragoût’ which means ‘stew’.

Information

Preparation 270 minutes

Total Time 240 minutes

Serves X Serves 6 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Minced meat 600 grams (Beef and pork mixed)

Tomatoes 200 grams (Fresh)

Tomato passata (200g tomato passata)

Celery 60 grams

Onions 100 grams

Carrots 100 grams

Sea salt 10 grams

Bay leaves

White wine 50 millilitres