

Bolognese Meat Sauce (Ragu alla Bolognese)

*Giuseppe Oberosler (Il Tesoretto Della Cucina Italiana)
The Good Cook Sauces - Time-Life Books*

Yield: 4 cups

*10 ounces lean ground beef
7 tablespoons butter
1/4 cup onion, finely chopped
1 carrot, finely chopped
1/4 cup prosciutto or lean ham
(optional), chopped
1 strip lemon peel
freshly grated nutmeg
1 tablespoon tomato puree'
1 1/4 cups veal stock
salt
2 tablespoons heavy cream*

Melt the butter in a heavy casserole. Add the onion and carrot. Fry them gently in the butter until they are soft but not browned. Add the ground beef and cook it, stirring, until it loses all trace of pink.

Stir in the chopped prosciutto or ham, if you are using it. Add the lemon peel and a pinch of grated nutmeg. Stir in the tomato puree' and pour in enough stock to cover the meat. Add salt to taste.

Cover the casserole and simmer the sauce gently for at least one hour.

A few minutes before the end of the cooking time, remove the lemon peel from the sauce and stir in the cream.

Per Serving (excluding unknown items): 1621 Calories; 150g Fat (83.4% calories from fat); 54g Protein; 14g Carbohydrate; 4g Dietary Fiber; 471mg Cholesterol; 2501mg Sodium. Exchanges: 7 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 25 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1621	Vitamin B6 (mg):	.9mg
% Calories from Fat:	83.4%	Vitamin B12 (mcg):	6.8mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	13.3%	Riboflavin B2 (mg):	.7mg

Total Fat (g): 150g
Saturated Fat (g): 81g
Monounsaturated Fat (g): 52g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 471mg
Carbohydrate (g): 14g
Dietary Fiber (g): 4g
Protein (g): 54g
Sodium (mg): 2501mg
Potassium (mg): 1117mg
Calcium (mg): 104mg
Iron (mg): 6mg
Zinc (mg): 11mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 23731IU
Vitamin A (r.e.): 2901 1/2RE

Folacin (mcg): 48mcg
Niacin (mg): 14mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 7 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 25 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1621 **Calories from Fat:** 1352

% Daily Values*

Total Fat	150g	232%
Saturated Fat	81g	403%
Cholesterol	471mg	157%
Sodium	2501mg	104%
Total Carbohydrates	14g	5%
Dietary Fiber	4g	14%
Protein	54g	
Vitamin A		475%
Vitamin C		29%
Calcium		10%
Iron		32%

* Percent Daily Values are based on a 2000 calorie diet.