

White Bolognese Sauce

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Servings: 6

2 tablespoons extra virgin olive oil
2 tablespoons butter
1 pound ground beef
3/4 pound sweet Italian sausage, casings removed
2 medium carrots, finely chopped
2 stalks celery, finely chopped
1/2 onion, minced
3 cloves garlic, minced
1/4 teaspoon nutmeg
1/8 teaspoon allspice
1 bay leaf
1 1/2 cups white wine or dry vermouth
1 1/2 cups chicken broth
1 cup 2% milk
3/4 cup grated Parmesan cheese
2 tablespoons fresh parsley, chopped
salt (to taste)
pepper (to taste)

Preparation Time: 15 minutes

1 hour

Heat the olive oil in a Dutch oven or large skillet over medium-high heat. Add butter and when the foaming subsides, add the meat, breaking up with a spoon as it cooks. Once browned, add the carrot, celery, onion, garlic, bay leaf, nutmeg and allspice to the pan. Cover. Cook for 10 to 12 minutes to sweat the vegetables, stirring occasionally.

Add the white wine and allow to boil and evaporate. Add the broth and milk. Bring to a boil. Reduce the heat and simmer for 30 minutes over low heat.

Meanwhile, bring a large pot of salted water to a boil. Cook the pasta to al dente, reserving one cup of the cooking liquid before draining. Drain the pasta and add to the sauce along with the Parmesan and reserved pasta water.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 403 Calories; 33g Fat (73.3% calories from fat); 20g Protein; 7g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 509mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 Fat.