



JERNEJ KITCHEN

EASY BOLOGNESE

This Easy Bolognese recipe is incredibly delicious. Cook the bolognese sauce for at least one hour for that rich, creamy, lip-smacking flavor.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	85	MINUTES
TOTAL TIME:	100	MINUTES

EASY BOLOGNESE

3 tbsp olive oil

1 large onion, diced

1 carrot, diced

1 celery stalk, diced

1 clove of garlic, diced

500 g (17.7 ounces) ground beef

1 tsp tomato paste

1 tsp BAM Spices Sugo & Bolognese, or oregano, rosemary and bay leaf

80 ml (1/3 cup) white wine (Pinot Grigio, Chardonnay)

400 g (14.5 oz can) diced tomatoes

240 ml (1 cup) beef stock or water

80 ml (1/3 cup) milk

TOOLS AND EQUIPEMENT

large pan
knife
spoon

Sponsored

SAUTÉ THE VEGETABLES

Place a large pan (preferably cast iron) with olive oil over medium heat. Add the onion, carrots, and celery. Sauté for 6 - 8 minutes, then add the garlic and ground beef. Pan-fry for 5 minutes over high heat or until the meat becomes brown and slightly cooked. Reduce the heat, add tomato paste and BAM Spices Sugo in Bolognese (if you can't get it in your country, use oregano, rosemary, and bay leaf), and continue to cook for 2 - 3 minutes, stirring occasionally.

BOLOGNESE SAUCE

Increase the heat and add the wine. Cook for 2 - 3 minutes for the alcohol to evaporate, then add the diced tomatoes, beef stock, and milk. Stir, cover with a lid, and cook for 45 minutes. Uncover, and continue to cook for 25 minutes. Season to taste with salt and pepper.

TIP

Feel free to cook the covered bolognese sauce for up to two and a half hours. The longer the sauce cooks, the more flavor it develops.

SERVE

Serve the bolognese sauce with cooked pasta or gnocchi, or use it in lasagna. Optionally sprinkle with freshly grated parmesan cheese before serving.