



UNIT 11 / Italy

Pasta Bolognese

Homemade Pasta

Ingredients

- For each whole for each whole egg 100 g
- All purpose flour
- A pinch of salt

Strips

- Tagliolini 1-2 mm
- Fettuccine 3-5 mm
- Tagliatelle 6-10 mm
- Pappardelle 1-3 cm

Directions

- Split the eggs into a bowl and add a pinch of salt.
- Place the flour on a work surface and create a hole with your hands.
- mix the eggs with the flours (with hands or fork), incorporating a little at a time, until everything is combined.
- Knead the pieces of dough together. (You can choose to knead by hand to make fresh Italian homemade pasta, or you can use a stand mixer)
- knead and work it with your hands for about 10 minutes. (Pay attention: if the dough is too soft and sticky, add flour; if it is too hard and with too much flour yet, add water.)
- make a big ball and wrap it in a cling film. Let it rest at room temperature for 30 minutes.
- Dust your work surface with some flour, using flour, that's important. Take a tennis ball-sized piece of pasta dough and flatten it out with your palms.
- Start to flatten the dough with your rolling pin. (Remember to dust the pasta dough and/or the rolling pin with flour if you feel it's becoming sticky.)
- Start always from the center, sliding it in all directions in order to obtain a pasta sheet of uniform thickness.
- Gradually reduce the thickness until you get a sheet just over 0.2 inches (0.5 mm) thick.
- Roll out the dough until it reaches a thickness of about 1-5 mm then roll it on itself and with a sharp knife, cut it into strips of dough, same width if possible. With this method you can make different kind of pasta. It always depends on the width of the pasta strips.

Bolognese Sauce

Ingredients

- Beef (minced beef, coarsely minced and mixed) 300 g
- Bacon 150 g
- Red wine 100 g
- Tomato puree/sauce 300 g
- Carrots 50 g
- Celery 50 g
- Golden onions or shallot 50 g
- Fine salt to taste
- Black pepper to taste
- 1 sprig of fresh rosemary
- Extra-virgin olive oil 1 tablespoon
- Vegetable stock

Directions

- Start by taking the pancetta and creating the Bolognese sauce. Without being too exact, slice first, then cut into strips. Next, thoroughly chop it using a knife. Add the pancetta and a drizzle of oil to a saucepan that has been preheated.
- Thoroughly shell it and let it brown. Take care of the vegetables in the meanwhile. Peel the carrot, then finely chop it. After cleaning, chop your celery into pieces that are the same size as your carrots.
- Next, chop the onion after peeling it. The chopped veggies should be added as soon as the pancetta is nicely browned.
- Stir and simmer for a further 5 to 6 minutes. add the ground beef,
- Mix, then turn the heat up. Let it to brown slowly; the meat needs time to properly seal. Deglaze with red wine and mix again. Add the tomato puree as soon as the alcohol has evaporated.
- Stir and incorporate it in. Several ladles of boiling vegetable broth should be added.
- Place the lid on top, but do not entirely close. The Bolognese sauce must now simmer for at least two hours. Every 20 minutes, check it and add more broth as necessary. Taste the sauce after two hours and add salt and pepper as desired. The sauce is ready after one more stirring.





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