



DEBORAH'S BOLOGNESE RAGU'  
Ragù alla Bolognese Della Deborah

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- 3 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- ½ medium yellow onion, finely minced (about ¼ cup)
- 1 medium carrot, finely minced or grated (about ¼ cup)
- 1 stalk celery, finely minced (about ¼ cup)
- 1 lb. Brandon Natural grass-fed ground beef, removed from refrigerator 1 hour before cooking
- ½ cup medium-bodied Italian red wine like Chianti Classico
- 1 cup whole milk
- 3 cups canned Italian plum tomatoes with juice (28 ounce can), passed through food mill or finely chopped
- Kosher or sea salt to taste
- Freshly ground black pepper to taste

Heat the extra virgin olive oil and butter over medium heat in a large, heavy casserole, preferably earthenware or enameled cast iron. When the butter foams, add the minced onions and sprinkle lightly with salt. Cook the onions, stirring, for 1 to 2 minutes until softened. Add the minced carrots and celery and salt lightly. Cook for an additional 2 to 3 minutes, stirring, until the vegetables are softened and lightly golden.

Raise the heat to medium-high and add the ground beef, stirring and breaking it up in the pan with a wooden spoon. Sear the meat until it loses its red color, then lightly salt and pepper. Cook, stirring often, for about 5 minutes until any liquid has evaporated and meat and vegetables are lightly glazed.

Add the wine and cook at a lively simmer until the alcohol has evaporated and almost no liquid remains, 5 to 8 minutes. Pour in the milk a little at a time, stirring constantly to incorporate well. As soon as the milk begins to bubble, reduce the heat to low and cook at barely a simmer, stirring frequently, until the milk has been completely absorbed, 15 to 20 minutes.

Stir in the chopped tomatoes with their juice and season to taste with salt and pepper. Increase the heat until the tomatoes come to a gentle simmer then reduce the heat to low and partially cover the pan. Cook, stirring occasionally, for 1½ to 2 hours until the ragù has a dense consistency and a rich, mellow flavor. Taste and adjust seasoning if needed.

Once cool, the ragù can be conserved in the refrigerator for up to 5 days.