



TUSCAN RAGU



INGREDIENTS

- Meat 500g (you can use many different kinds of meat as: ossobuco, rabbit, duck, lamb, venison) we suggest to use a tough mussels as a shoulder or legs
- Herbs (rosemary, sage and bay leaf) you as many herbs as you like.
- 1 Onion
- 1 Celery
- 1 Carot
- Parmigiano Reggiano
- Salt and Pepper
- 30g Tomato paste
- 300ml Red Wine



METHOD

In a casserole add three spoons of evo oil, then meat, some salt and pepper. Keep cooking the meat on medium/high heat until the meat is nice and gold (caramelized). In the meanwhile start to chop finally your soffritto base (carrot, celery, onion). When the meat is caramelized turn the heat on low, add your vegetables and then add the herbs as sage, thyme or whatever you like. Sweat the vegetable for a couple of minutes and then add your tomato paste. Add your wine.

Now you can turn the heat on minimum and place the leads on the casserole. You have to cook this sauce at least 2 hours on low heat. Check regularly if there is enough moist in the casserole, otherwise add water. Pull the meat out of the bone with a fork, it should fall off really easily. If the meat is still tough it means you have to cook the sauce longer. Cook your pasta in the sauce and add some Parmigiano Reggiano out of the heat.

