



GEORGE CHIHALA'S RECIPE OF THE MONTH COLLECTION

MAR 2012
Recipe 33

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Rigatoni with Bolognese Meat Sauce.

PREPARATION

- 1 - Heat half of the butter and all of the oil in a deep frying pan. Add the onion, carrot, celery and bacon, and fry over low heat until the vegetables soften and change color. Add the pork, beef, sausage and chicken liver and fry gently until they begin to brown, crumbling with a fork. Moisten with wine and cook until it evaporates, then season with salt and pepper to taste. Dilute the tomato paste with a little stock. Stir into the sauce, cover and cook slowly, stirring occasionally, and gradually add remaining stock.
- 2 - After the sauce has simmered for about 1 1/2 hours, stir in cream and continue cooking until reduced. Add remaining butter and stir until melted.
- 3 - Cook the rigatoni in plenty of boiling salted water for 10-12 minutes until al dente. Drain and transfer to a warm serving dish.
- 4 - Cover rigatoni with sauce, mix well, and serve immediately with grated Parmesan cheese.



Rigatoni with Bolognese Meat Sauce

My good friend and talented Italian cook, Luciana Valenti, was kind enough to share this traditional Italian "Rigatoni Coni Ragù" recipe better known in the US as "Rigatoni with Meat Sauce." One of the secrets to any successful pasta dish is to ensure that the pasta is cooked al dente.

Bon Appetit!
-George

Cook's Note:
For added flavor, try adding 1/4 pound of sauteed mushrooms with 1/4 cup finely chopped parsley to the sauce just before serving.

(photo by Marc-Henri)

INGREDIENTS

- 6 tablespoons butter
- 1 1/2 tablespoons GC Farms' extra virgin olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 3 oz. pancetta, finely chopped
- 6 oz. ground pork
- 6 oz. ground beef
- 2 oz. sausage
- 2-3 chicken livers (optional)
- 1/4 pint dry white wine
- salt and pepper
- 4 teaspoons tomato paste
- 1 1/4 cups stock
- 4 tablespoons cream (or milk)

COOK'S NOTE:

For added flavor, try adding 1/4 pound of sauteed mushrooms with 1/4 cup finely chopped Italian parsley to the sauce just before serving.

Bon Appetit!
-George