

Cama's Feast

WINERY

❁ *December 2012 Cellar Club Party* ❁

FREGOLA SARDA WITH RAGU ALLA BOLOGNESE AND PARSLEY GREMOLATA

Yield: Serves 6-8.

INGREDIENTS:

1/4 CUP OLIVE OIL	2 TABLESPOONS OREGANO, DRY
1 ONION, LARGE, LARGE DICE	12 SPRIGS THYME, FRESH, TIED IN A BUNDLE
2 CARROTS, PEELED, LARGE DICE	2 BUNCHES BASIL, FRESH, CHOPPED
3 CELERY RIBS, LARGE	1 TEASPOON RED PEPPER FLAKES
8 CLOVES GARLIC	SALT AND PEPPER TO TASTE
1 POUND GROUND BEEF	1/2 POUND FREGOLA SARDA
1 POUND PORK BUTT, DICED	(AVAILABLE ONLINE AT WWW.CYBERCUCINA.COM)
4 CUPS TOMATO PUREE	1/2 CUP PARMIGIANO-REGGIANO
2 CUPS DICED TOMATO	1/4 CUP PARSLEY GREMOLATA (SEE RECIPE)
3 CUPS RED WINE	

METHOD:

1. Using a food processor, puree the onions, carrots, celery, and garlic until chopped very small.
2. Heat the olive oil in a heavy bottomed stock pot or Dutch oven over medium heat. Add the vegetable puree and cook until the moisture is evaporated from the vegetables and they are browned (about 20 minutes).
3. Remove vegetables into a bowl and add the diced pork to the pan. Season with salt and pepper, and brown the pork on all sides.
4. Add the ground beef and continue cooking until the beef is browned.
5. Add the wine and cook for 5 minutes. Add the tomato puree and diced tomato, oregano and thyme and continue cooking for 1 hour, stirring often. Skim and discard any fat that accumulates on the top of the sauce.
6. Meanwhile, boil 4 quarts of water seasoned with salt. Add the fregola sarda and cook according to the packing, approx. 12-15 minutes.
7. Add the basil, red pepper flakes and cream and cook for 10 minutes. Taste and adjust the seasoning for salt and pepper.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio
www.winecountrycookingstudio.com