

Bolognese

Yield: 4 servings



Ingredients:

- 1 tablespoon vegetable oil
- 3 tablespoons butter plus 1 tablespoon for pasta
- $\frac{1}{2}$ cup chopped onion
- $\frac{2}{3}$ cup chopped celery
- $\frac{2}{3}$ cup chopped carrot
- $\frac{1}{2}$ pound ground beef
- Salt
- Black pepper
- 1 cup whole milk
- $\frac{1}{8}$ teaspoon nutmeg
- 1 $\frac{1}{2}$ cups plump tomatoes
- 1 pound pasta
- $\frac{1}{2}$ cup lemon juice

Steps:

1. Put oil, butter, and chopped onion in a pot and turn the heat on to medium. Cook and stir the onion until it has become translucent, then add in the chopped celery and carrot. Cook for 2 minutes, stirring vegetables to coat them well.
2. Add ground beef, a large pinch of salt and a few grindings of pepper. Crumble the meat with a fork, stir well and cook until the beef has lost its raw, red color.
3. Add milk and let it simmer until it has evaporated, until it has bubbled away completely. Add $\frac{1}{8}$ of nutmeg.
4. Add lemon juice, and let it simmer until it has evaporated, then add tomatoes and stir thoroughly to coat all the ingredients well. When tomatoes begin to bubble, turn heat down so that the sauce cooks at the laziest of simmers, with just an intermittent bubble coming to the surface. Cook for 3 or more hours stirring from time to time. While the sauce is cooking you might find dried out meat fat that separates from the meat. To keep this from sticking add $\frac{2}{3}$ cup water whenever necessary. Taste and add salt if needed.
5. Then in a large bowl, toss cooked pasta with a tablespoon of butter, and put sauce on top. Finish with Parmesan cheese on the top.

For Judges Use Only

Please rate this pasta based on:

Taste	3 / 5 maximum score
Presentation	5 / 5 maximum score
Creativity	4 / 5 maximum score

Total Score: 12 / 15

Comments: The bread was good. The noodles needed a little flavor.