

(Adapted from The Classic Italian Cookbook, Marcella Hazan, Knopf, 1982)

Note: For those who like pastas this is a high-class meat sauce with character. The celery, milk and a touch of nutmeg lighten up and refine the beef. Not the usual heavy Italian Restaurant or supermarket meat sauce.

Melt 2T butter and 2T olive oil in 2 quart saute pan
Saute 3T yellow onion, chopped fine 1 min.
Add 3T celery, chopped fine, 2 min. till soft
Add 1lb. 90% lean chopped beef, medium high heat
Break up meat with fork, cook till no red color
Add 5/8 cup milk, 1/4t nutmeg, stir
Saute low heat 15mins or until milk cooks down
Add 2c canned Italian plum tomatoes with juice
Mash tomatoes, stir
Add pepper salt to taste
Saute low heat 5-10 mins or until sauce cooks down

Serve over whole wheat fusillini or other bite-size pasta
for eating with spoon.
Serve with romano cheese grater at table.

Serve with Sangiovese. I recommend bottlings of ordinary Sangiovese, geografica tipica, available at good prices. They drink this in Bologna at the cafes from giant wine casks brought in from the local wineries. Try Il bastardo sangiovese from near Firenze (cheap). Sangiovese is among Italy's best grapes. Its wines are full of cherry fruit, earth and cedar. It produces some pricey wines--Chianti, Rosso di Montalcino, Brunello di Montalcino, Rosso di Montepulciano, Montefalco Rosso, among others.

Ragu freezes fine, or keeps a week in the fridge.