Julie Zyromski

Oven Baked Bolognese Sauce

Portions: about 5 litres
Preparation: 60 minutes
Cooking time: 4 hours

10 GF



Ingredients

5 stalks of celery
5 big carrots
3 yellow onions
6 garlic cloves
2 tbsp (30 ml) olive oil
2.2 pounds (1.5 kg) ground veal
1 tbsp (15 ml) broth concentrate (Better Than Bouillon style)
2 cups (500 ml) red wine
1 can (369 ml) tomato paste
8 cups (2 l) veal, meat or chicken stock
1 bottle (680 ml) strained tomatoes
4 branches fresh rosemary
4 branches fresh thyme
Fresh pepper, to taste

Steps

1. Preheat the oven to 275°F.
2. Mince the celery, carrots, onions, and garlic finely.
3. In a large Dutch oven, cook on low heat the vegetables in the olive oil until very tender, this may take up to 20-25 minutes.
4. Bring the heat up a bit, stirring constantly. Add the meat and break it up in tiny pieces with a fork or a whisk.
5. When cooked thoroughly, add the broth concentrate and the red wine.
6. Let reduce by half before adding the tomato paste and mix well.
7. Add all the other ingredients, and mix well.
8. Cover and put in the oven for at least 3 hours, up to 6 hours. If you cook it for more than 3 hours, add another cup of broth.
9. Season with freshly ground pepper just before serving.