

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Chianti stained Pappardelle with Beef Ragù

This wonderfully flavoured recipe is very hearty and not complicated - perfect for those cold days!



Ingredients

- 800 g of boneless beef chuck roast cut into large cubes
 - Salt and fresh ground black pepper
 - 1 tbsp of extra virgin olive oil
 - 2 sprigs of rosemary, plus 1 tablespoon of finely chopped leaves for garnish
 - 2 sprigs of sage
 - 1 white onion, peeled and cut into chunks
 - 4 garlic cloves finely chopped
 - 1 carrot, peeled sliced thick
 - 1 celery stalk sliced thick
- 2 - 400g cans peeled whole cherry or plum tomatoes
 - 500g of pappardelle egg pasta (De Cecco brand)
 - 3 tbsp of butter
 - ½ cup of freshly grated Parmigiano-Reggiano
 - 2 cups of Chianti Wine
 - Black Balsamic vinegar (*Optional)

Instructions

Season the beef with salt and pepper to taste. Add oil to a Dutch or roasting pan over medium high heat, when the oil is hot add the beef and stir until beef is well browned in all sides, about 5 minutes. Add rosemary and sage sprigs, onion, garlic, carrot and celery. Reduce the heat to medium-low and sauté until vegetables are soft about 5 minutes.

Add Chianti wine and continue to simmer until liquid has reduced by half, about 15 minutes. Add tomatoes and juice and some beef stock. Bring pot to a simmer, reduce the heat to low and simmer for about 45 minutes. Cover and place in a preheated oven at 275F or keep on the stove over low heat for about 3 ½ hours.

Bring a pot of salted water to boil over high heat, add the pappardelle and cook to taste or as per package instructions. As it cooks reserve about ½ cup of the pasta water and set aside. Meanwhile discard herb stems and using 2 forks finely shred meat and vegetables.

Drain the pasta. Return the pasta to the pot and add butter and ¼ cup of Parmigiano-Reggiano and mix gently until butter is melted. Add a little reserved cooking water to loosen.

To serve, ladle pasta into each bowl and spoon the beef ragu over top and serve.

*Optional - reduce half balsamic and half Chianti wine till it coats the back of the spoon. Finish by sprinkling each bowl with a spoonful of cheese and drizzle with the balsamic/wine reduction.

Buon Appetito!!