



PastaMania #1. "Fettuccine al ragù"

(June 19, 2014)



Fettuccine literally means "little ribbons" and refers to the shape of the pasta. It's a flat, thick egg noodle popular in central Italy, and it is often eaten with ragù—a special, slow-cooked meat sauce. There are several regional variations of ragù in Italy, the most famous being Neapolitan and Bolognese. The one presented here is Bolognese, from Emilia-Romagna.

INGREDIENTS

Serves 4

- 24 oz De Cecco egg fettuccine
- 1 stalk of celery
- 1 onion



- 1 carrot
- A sprig of parsley
- 30 oz tomato puree
- 10 oz ground meat (pork and veal)
- 10 oz ground meat (pork and veal)
- 4 fl. oz red wine
- 4 oz. grated Parmigiano
- 4 tablespoons De Cecco extra virgin olive oil

PREPARATION

- Finely dice the celery, onion, and carrot.
- Cook the diced vegetables in a large pan with extra virgin olive oil for five minutes until the onion is golden.
- Add white wine and cook for another five minutes, until the wine evaporates.
- Add ground meat. You should use both pork and veal. Pork is sweeter and fatter than veal and gives the sauce flavor and a smooth texture.
- Add salt and pepper.
- Cook for about ten minutes, until the meat is brown.
- Add tomato sauce and reduce heat to low.
- Let it cook for at least an hour and a half.
- When the water comes to a boil, add coarse salt.
- Toss in the pasta, stirring occasionally so it doesn't stick.
- Cook the fettuccine for 3 minutes. If you cook it longer, Italians won't like it! Pasta must be "al dente"—or firm to the bite.
- When the fettuccine is done, don't drain it with a colander—just remove it from the pot using a large slotted spoon.
- Add the fettuccine to the saucepan. Turn off the heat and stir carefully.
- Sprinkle with parmigiano and a little extra virgin olive oil, and stir.
- Fettuccine al ragù bolognese should be paired with still, medium-bodied red wine, especially a wine produced in Emilia Romagna. We recommend San Givovese.

... AND REMEMBER: To make an excellent pasta dish, use excellent pasta!

Source URL: <http://newsite.iitaly.org/magazine/article/pastamania-1-fettuccine-al-ragu>

Links

[1] <http://newsite.iitaly.org/files/pastamania-1-fettuccine-al-ragu>