

EMERIL'S MEAT SAUCE FOR PASTA

SOURCE: PRIME TIME EMERIL

Cook/Prep Time: about 2 hours

INGREDIENTS:

2 TBS unsalted butter
1/2 lb boiled ham, diced
1/2 lb ground veal or pork (or 1/4 lb each)
1/2 C finely chopped carrots
1/4 lb white button mushrooms, trimmed/wiped clean/thinly sliced
3 garlic cloves, minced
1/8 tsp ground cloves
1 1/2 tsp salt + 1/4 tsp freshly ground pepper (or more of either/both to taste)
3 C chicken stock or low-sodium broth
4 chicken livers, finely chopped (optional)
1/4 C chopped fresh flat-leaf parsley
6 strips bacon, diced
1 lb ground beef
1 1/2 C chopped onions
1/2 C finely chopped celery
1/4 tsp freshly grated nutmeg
3 TBS tomato paste
1 C dry white wine
1/2 C heavy cream

DIRECTIONS:

Melt butter in large heavy stockpot over medium-high heat - add bacon & ham - cook, stirring often, till browned (8-20 minutes) - add ground meats & increase heat to high - cook, stirring occasionally, till meat is well browned (about 20 minutes).

Add onions, carrots, celery & mushrooms - cook, stirring often, till vegetable soften (about 5 minutes) - add garlic, nutmeg & cloves - stir till garlic is fragrant (about 1 minute) - stir in tomato paste, salt & pepper - cook 2 minutes - add wine & cook till almost evaporated (about 5 minutes).

Stir in stock & bring to boil - reduce heat to medium-low - simmer, stirring occasionally, till sauce has thickened (45-60 minutes). Add chicken livers, if using, & cook till firm (about 5 minutes) - stir in cream & parsley - heat through & adjust seasoning to taste. Use hot.

Yield: about 1 1/2 qts