

Goat Bolognese

 The Food
Connection



SERVINGS: 6

INGREDIENTS

1 medium onion, diced
1 rib celery, diced
1 carrot, diced
4 garlic cloves, minced
1.5 - 2 pounds ground goat meat
1 ¼ cups beef stock (or red wine)
1 cup whole milk
28 ounces whole peeled tomatoes WITH
juice
4 tablespoons tomato puree
1 teaspoon dried basil leaves
1 bay leaf
Oil for cooking
Salt and pepper to taste
1 pound of your favorite pasta
Optional: 1 ounce of grated hard cheese

DIRECTIONS

Heat a large heavy bottomed sauce pot over medium heat. Add a drizzle of oil, just to coat the bottom of the pan. Carefully add the onion and saute for 4 minutes until starting to turn translucent. Add the garlic, celery, and carrot and saute for 5 minutes more. Add the ground goat, and cook until browned, breaking up the meat while you cook. When no pink can be seen in the meat, drain the fat from the meat using a strainer. Return the mixture of meat and aromatic vegetables to the pan over the heat. Add the milk and simmer until mostly evaporated, about 6 minutes. Stir in the tomato puree, basil, tomatoes with juice, and bay leaf. Use your spatula or spoon to slightly break up the tomatoes as they cook. Add the stock, then season the sauce with salt and pepper. Turn the sauce down to low and allow to simmer for about 20 minutes.

Meanwhile, prepare your pasta according to package directions, reserving about 1 cup of the pasta water before draining it. Toss the hot pasta in the sauce and add just enough pasta water to loosen the Bolognese to the desired consistency and add some thickness. Ladle out servings in bowls and top with grated cheese to serve.