

Emilian Ragu

Extra-virgin olive oil
1 large white onion
1 large carrot, peeled and diced
1 large celery stalk, peeled and diced
20g of plain flour
100g of chopped pancetta
150g of veal, 1 piece of cheek and 1 piece of tongue
150g of beef, gelatinous cuts, including tail if available
100g of bone marrow (already removed from bone)
(Optional) 50g of choice of sausage, broken but not ground
½ glass of red wine, such as Sangiovese with beef ragu or a white with rabbit or chicken
700mL of broth (veg, chicken or beef)



Prepare a soffrito in a deep and heavy-bottomed pan by adding diced onion, carrot and celery to a pan warmed with olive oil. Simmer on low for about 15 minutes or until onions are glassy and carrots tender. In a separate skillet on medium heat, melt and crisp pancetta for about 5 minutes. Add pancetta to soffrito.

Flour the chunks of meat in a bowl or on working surface. Clean pancetta skillet and warm it with olive oil, then add the meat. Lightly brown. Add the wine. Raise heat and continue cooking until wine evaporates. Add meat to soffrito and pancetta mix.

Clean skillet and brown bone marrow with a drop of olive oil. Add marrow to soffrito, pancetta and meat mix. Add bay leaves and rosemary. Simmer for 1½ -2 hours at a low temperature, with wax paper covering and lid to retain moisture.

Massimo: This is the most basic ragu. It can also be made with white meats, like chicken or rabbit, or game such as pigeon or grouse, and duck. Sausage is optional. My mother never adds it. My wife does. The ragu will not be heartier with the sausage. The most important rule of this ragu is not to grind the meat. Keep it in chunks and cut/tear into bits only when it is fully cooked. Two bay leaves and a sprig of rosemary are plenty. If using dried pasta, chose shells or tubes so the ragu can fill in the empty spaces. Egg pasta is the most traditional. As with all pasta, keep it undercooked and finish the cooking in the ragu sauce over medium heat. Add freshly grated parmigiano reggiano at the very end.