

Spaghetti!

May 11, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



One of my favorite pasta dishes is a classic Bolognese with spaghetti. Its quick, easy and most important its filling and delicious. The best part of this dish is its versatility. I can swap for any meat and pastas you have in the pantry!

Here's what I used...

- ¼ cup extra-virgin olive oil
- 1 medium onion - small dice
- 2 garlic cloves – mince
- 1 carrot – small dice (optional)
- ¼ tspn crushed red pepper
- 1 pound ground beef – ground chicken/turkey/pork work well too
- One 28-ounce can crushed tomatoes – or favorite store brought brand
- ¼ cup flat-leaf Italian parsley – small chop – its ok if you don't have
- 8 fresh basil leaves – small chop – its ok if you don't have

- Salt and freshly ground black pepper
- ¼ cup freshly grated Pecorino Romano or parmesan
- If you do not have fresh herbs you can use dried herbs too
- 1lb of spaghetti or any pasta you have on hand

This recipe serves 3 to 4

In a large skillet heat the olive oil. When hot add the onion, garlic and crushed red pepper. Sauté over medium heat until the onions become very soft, about 8 minutes. Add the carrot and sauté for 5 minutes. Raise heat to high and add the ground beef. Sauté, stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 10 minutes. I love using my whisk to break up any large pieces of ground meat. This little trick works very well. Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens. Season with salt and pepper. This will take approximately 1/2 hour. While this is working grab a large pot and fill with water, bring to a rolling boil. Add a good amount of salt. When cooking pasta you want to flavor your water with salt, this is the first step of seasoning your pasta. Follow the cook time on the package for best results! Once pasta is done strain and drizzle with a little olive oil to prevent noodle from sticking to one another. Taste your meat sauce and get ready to plate. Top off bolognese with Pecorino Romano or parmesan cheese and a little basil or parsley for garnish. Enjoy!!