



## The Neapolitan ragout

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*"I admire brave people... not the ones that think they are strong, nor the ones struggling to prove something... but brave people."*



The **ragout**, from the French ragout, is a typical recipe from the Italian cuisine that involves cooking the meat in its own juices. It is prepared in a covered pan and cooked at low temperature for two to four hours depending on the quantities and type of meat: veal, pig, poultry... It is a very profitable recipe, that can be used as a main dish, as a tomato sauce, or, as a main with rice or fries...

Out of all the different types of Italian Ragú,, the best known are the **Ragout Bolognese** that is made with ground pork or beef and which results in the famous Bolognese sauce, and **the Neapolitan ragout** made with beef. Both are made with tomatoes but add on top different vegetables:: besides onions, Bolognese takes also, carrots and green peppers, while Neapolitan ragout takes onions only.

As presentation, Neapolitan ragout provides lots of possibilities: can be taken only with fries or white rice (children love it!), it is ideal with pasta and delicious to make the **Lasagna Napoletana**. So with this dish you have the basis of at least 3 different dishes. Therefore, and because even being a simple dish it takes a long time to make it, I recommend you not to make less quantities than the ones given in the recipe. You can always freeze the excess and use it a different day. It would be a sin not to take advantage!. Once you try this ragout, you will not want to serve your pasta dishes with a different sauce!!, That I guarantee.. ¡Viva Italia!



# Loleta

## Life, Market & Cooking



**Level of difficulty: Easy**

**Preparation time: 30 minutes. and 4 hours of cooking**

**For: 10 people**

### Ingredients

1. 1 kg of beef cut into small cubes 12,00 €
2. 2 medium onions 0,40 €
3. 2 liters of red tomatoes peeled and seeded- You can use canned tomatoes but fresh, not fried, Half of each 1,40 €
4. 1 tablespoon tomato paste 0,20 €
5. 200 grams of extra virgin olive oil 0,60 €
6. 200 grams of bacon into pieces 0,93 €
7. 6 spareribs 2,90 €
8. 1/4 liter of red wine 0,25 €
9. basil 1,20 €
10. salt and black pepper 0,15 €

**Total** cost is **20,03 €** divided into 10 generous portions, **2,00 €** per serving.

### Utensils:

1. A wooden spoon
2. A large pan with top (I use [Le Creuset](#), but you can use any as far as it is big)
3. Knives and cutting boards
4. Gas or electric cookery

### Pairing:

Red wines go great with this dish. Flavor and consistency and strong in this recipe, just as typical Italian cuisine, so we will go for an Italian red wine. I really like Chianti wines that are strong. I recommend **Chianti Baron**. This winery is considered the world's oldest, founded in 1.141 by the Ricasoli family. The wineries are located in the heart of Tuscany and has in its majority Sangiovasse grape. Its price € 9.48





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### **Preparation:**

1. Chop the onion into small pieces.
2. Place a pan with extra virgin olive oil over high heat. When oil is hot, add the meat into cubes and bacon also into bits. Sauté using a wooden spoon until it turns golden. This will seal the meat and help keep their juices. Add salt and freshly ground black pepper. From the moment we will only use a wooden spoon to cook our stew, pouring always down the remainings on the walls of the pot so that everything is well mixed and done.
3. Remove meat from the pan. In the same pan, add the chopped onion and fry (cook) in the juices left by the meat until well cooked.
4. Then add back the meat to the pan. At this point add half the wine. Scrape with a wooden spoon the bottom of the pan. This will help to take off all of the the meat and onion remaining on the bottom. Boil over medium heat until part of the liquid has evaporated.
5. Add the remaining wine. Raise the heat to make quickly evaporate the alcohol
6. Add the tomato paste and peeled tomatoes. Raise the heat to boil the sauce. Add salt and pepper.
7. Once boiled, lower heat to a low heat, letting it cook for three or four hours covered. The ragu is only stired with a wooden spoon gathering what sticks on the walls of the pan.
8. Stir it from time to time making sure that what is laid on the sides o that cooking is uniform.
9. After this time, tomatoes will become very thick and meat will be completely tender. Add a good handful of finely chopped basil leaves and mix well. The ragout is then ready to accompany your paste, your lasagna Napoletana or... Your chips!. Simply delicious!.

