

Italian Meat Sauce

(For vegetarian sauce eliminate meat and fish products)

The bottom stuff on a cooking pan is officially called Fond.



White Merlot goes well in this recipe and with the meal as well.

1. Rough chop a variety of your favorite onions, 2 large (+ depending on your tastes). I use Red and Yellow onions from our Farmers Market and will often add a leak or shallot if I have them on hand or want a deeper onion flavor. Salt and pepper then sauté the onions in a light or extra virgin good quality olive oil and a splash of your favorite wine until they are just turning golden around the edges. This builds flavor in the sauce. Use a slotted spoon or ladle and remove the onions to a large bowl and set aside.
2. Clean and dice mushrooms. I use about 6 Crimini for this recipe. Sauté them in the same pan as the onions until they are slightly golden, again to build flavor. You can add a little more olive oil to the pan if needed.
4. Chop about 10 black olives and toss them into the mushrooms. Stir for a minute and remove them to a large bowl with the onions.
3. A word on tomato products: pay careful attention to can due dates and don't use close to or expired products. In this recipe I don't use tomato paste because my family likes the lighter sauce with the deeper flavor of the herbs and vegetables. You can now get Kirkland brand Organic canned tomatoes at Costco and I use 4 cans of sauce, 2 cans of stewed. This picture shows a tomato paste and you can certainly add it if you love that taste.



- Use the best quality meats you can get and afford. I use Home Meats in Shelton for all my pork products and Stewarts Meats for all my beef products. In this recipe I use 1 pound of Pork Sausage and 2 pounds of grass fed beef. Sauté the meat and pork until it is well blended and well done leaving a good frond on the bottom of the pan. You shouldn't have too much grease but if you do, now is the time to siphon it out. Add the bowl of onions, mushrooms, and olives and stir until well blended.



- Building the sauce: open your tomato cans and pour sauce into the pot with the meat. On the stewed tomatoes, be sure and go through your can carefully and take out the end pieces that aren't edible (by my standards anyway) and any tomato skin. Now add:



- ½ Cup fresh chopped Italian Flat Leaf Parsley
- 1 Tablespoon of Napoleon Anchovy Paste
- 2 Tablespoons of Sandia Spice Mediterranean Seasoning
- 5-6 Smashed, diced or pressed fresh garlic
- 4 Large Bay leaves, fresh if you have a tree or can get them



Nothing beats the flavor of fresh bay leaves in a sauce. Be sure and take them out before serving.

At this point, I transfer my sauce into my crock pot and leave it overnight on the 10 hour setting. Then I cool it and put my dinner portions or lasagna, or manicotti portions in labeled vacuum sealer bags and freeze for up to 8 months.



- If you're not using a crock pot, cook your sauce on low simmer for 3- 4 hours or more. It will deepen in color after long cooking. Just before serving you can add a bit of fresh basil and/or parsley to brighten the dish.
- Serve your sauce over any kind of pasta; add meatballs, parmesan or a little olive oil. Serve with Italian crusty bread and a salad and you will have a meal better than any restaurant can make you.



I thank my Italian Grandmother, Mary Mora for all of the wonderful dishes she inspired me to make. Grazie!

