



Tagliatelle al Ragu

By Cowbridge Kitchen

Ragu is a meat based pasta sauce, often made with minced Beef and it is used to make **Tagliatelle al Ragù** is sometimes called **Bolognese** or **Spaghetti Bolognese**, an Italian pasta in a [Ragu sauce](#).

Ingredients

- 6-8 nests of tagliatelle
- 350 g fresh minced beef
- 1 Brown Onion
- 1 tbs of Soft Brown Sugar (15g)
- 30 g Salted Butter
- 15 g of plain flour
- 1 tsp of lazy garlic
- 1 tin of chopped tomatoes
- 100 ml Red Wine
- 3 tbs (45 g) Tomato Paste
- 2 beef stock cubes
- 1/4 tsp Black Pepper
- Grated parmesan cheese

Cooking Instructions

- Crumble up the **stock cubes** into a bowl and add **1/4 tsp Black Pepper**
- Dice up your onion and add the garlic to them, mix it together.
- Melt the butter in a pan then fry off the onions & Garlic until soft, about **10 minutes**.
- **Add the sugar** to the onions and allow to cook for a further **5 minutes**
- When the onions are soft, add the minced beef and fry until it is cooked. **You can chop this up with a wooden spoon as it cooks.**
- Empty the **chopped tomatoes, Red wine** and **Tomato paste** into a food processor and process for a few seconds so that the tomatoes are well chopped up.
- Add the crumbled up **stock cubes** and **Pepper** into the cooked beef and mix it in well.
- When the beef mixture has been cooking for a few extra minutes add the **flour** and mix in to form a loose roux.
- Add the processed **chopped tomato sauce** and mix up with a wooden spoon.
- Leave this to cook for around **15 minutes** on a low heat.
- While the ragu sauce is simmering down, bring a pan of water to the boil.



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- place the **tagliatelle** into the boiling water, then reduce to a slow rolling boil and cook for **12 minutes**
- When the pasta is cooked, drain off the water and tip the tagliatelle straight into the ragu sauce.
- Combine the pasta and sauce with a fork
- Serve with **garlic bread** and garnish with the **Parmesan cheese**