

## A Rich Ragu

Because carbs make everything better

### Ingredients

For the sauce

- 1-1.5kg chuck/meat for slow cooking  
*If you're feeling fancy then get some Asado*
- A head of garlic - roughly chopped
- A glug of olive oil
- Fresh thyme (dried if you must)
- Fresh oregano (dried if you must)
- 2 cans of chopped tomatoes
- 2 tbsp tomato puree
- 2 cups red wine
- 0.5 tbsp sugar (more to taste)

For the pasta

- 350 - 500g pasta (pappardelle or tagliatelle)
- Salt + olive oil

To serve

- Parmesan
- A well deserved glass of merlot

### Method

Preheat oven to 180°C.

Chop the meat into 4 large pieces. Season with salt and pepper.

Place a dutch oven (or large oven safe pan or pot) on the stove and heat a nice glug of olive oil on a medium heat. Once nice and hot, brown your meat well on each side.

Once browned take meat out and fry garlic in remaining olive oil/rendered fat. If necessary add more oil.

Deglaze the pan with red wine.

Add tomatoes, puree and herbs, salt and pepper and cook until the sauce changes colour.

Return the beef and make sure it's covered with the sauce.

Replace the lid, making sure the pot is covered tightly, and put it all in an oven for 2 – 2.5 hours.

You'll know it's ready when the meat is tender AF.

Remove from oven. Being careful not to burn yourself, fish out the tender yummy meat on a board or bowl and shred. Taste and season the sauce, and season it to your liking, removing any stray herb stalks you happen upon. Then return your shredded meat to the sauce.

Now cook your pasta – we prefer homemade, but you can use store bought.

Once al dente, drain (we like to keep back a spoon of pasta water, the starch helps the sauce bind to the noodle). Now, just mix in the meaty-goodness.

Cover with parmesan.

Eat.

Eat more.