

Genovese Meat pasta sauce

Genovese meat pasta sauce

Genovese meat pasta sauce is a rich, slow cooked Italian sauce from Naples, traditionally made with onions and meat, usually beef. The long cooking time allows the onions to break down and melt with the meat, creating a deeply savory sauce.

Despite it's name, it's not from Genoa but gets it's name from the Genovese people who were in Naples during the Renaissance. The sauce is deeply flavorful and pairs well with short pasta.

Tips and tricks for success when making Genovese meat pasta sauce

In this meat sauce recipe I am using boneless short ribs you can use chuck or stew meat or a combination of meats. Be sure to brown the meat well to get a nice brown crust which adds flavor. Use a dutch oven and avoid crowding the pan.

After browning the meat use red wine, white wine or broth to deglaze the pan and scrape up all the flavorful bits stuck to the bottom.

Let the sauce simmer for several hours. This helps the flavors meld and deepens the flavors. Add fresh Italian parsley at the end for a burst of freshness and grated cheese for added richness. These tips will produce a rich, and deeply flavored meat sauce. Bonus, this sauce is freezer friendly. You can make it ahead of time and freeze it. Or do like I do and make a double batch. One to use right away and one to freeze for a ready made meal.

Ingredients

- 1 Lb. fusilli
- 2 Lbs. boneless short ribs
- 1/3 cup olive oil
- 1 cup chopped pancetta
- 1 cup each chopped celery and carrots
- 3 Lbs. thinly sliced onions
- 1 cup red wine
- 3 cups beef stock
- 1 cup pasta water
- 1 cup chopped Italian parsley
- 1 cup grated pecorino Romano

Instructions

1. Start by salt and peppering the meat and cutting into large equal size pieces
2. In a heavy stock pot in the oil saute saute the pancetta until crisp. Add the celery and carrots and saute until soft.
3. Add the meat and cook until golden brown on all sides. Deglaze the pan with the red wine waiting until it evaporates before adding the onions. Then add all the onions and the beef broth. cover and simmer for 3 hours or until the meat is fork tender and onions desegrated. Cook your pasta el dente. Add one cup of pasta water to the sauce
4. Toss the pasta in the Genovese sauce add the grated cheese and parsley. ENJOY!!!!