

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Spicy Peasant Bolognese

Adapted from Recipe in "Pasta" edited by Jeni Wright

Once upon a time, we in the U.S.A. observed "meatless Tuesdays" to help feed the troops of several nations during World War I. This wasn't on the menu...

*1-2 tsp light olive oil
½ lb chili-grind beef
1 medium yellow onion, chopped
½ tsp cayenne powder
½ tsp ancho (or chipotle) chile powder
½ tsp red pepper flakes
1 Tbsp Worcestershire sauce
2 Tbsp all-purpose flour
⅔ cup beef broth or stock*

*4 small links (¾ lb) spicy Italian sausage, cooked
2 oz baby sweetcorn (optional)
½ can (7 oz total) diced tomatoes
1 Tbsp chopped fresh basil
salt and fresh ground black pepper
basil, garnish
grated Pecorino-Romano, garnish
1 lb dry spaghetti, cooked*

Heat oil in a large skillet over medium-high heat and brown the beef. Drain oil back down to about 2-3 teaspoons, then add onion, chile powders and pepper flakes. Cook for another couple of minutes, then stir in Worcestershire sauce and flour. Once flour is well dispersed, pour in the beef broth. Stir for a couple minutes to smooth out the sauce.

Slice the sausages across and add to pot. Halve the baby corn and add to pot, along with tomatoes (and their juice) and basil. Bring to a boil, then reduce to simmer and cook, with occasional stirring, for 25-30 minutes. Serve over hot spaghetti (or pasta of choice); garnish liberally.

This recipe doubles or triples nicely, if your pot is big enough. You can then freeze in convenient portions; keeps for a couple of months...

Yield: Enough sauce for four
Preparation time: 10 minutes
Cooking time: 35-40 minutes

