



# Rigatoni in a Genovese Ragu

20'

Hands on

190'

Cook Time

4-6

Portion(s)

1

Difficulty



## Method

- Dry off the ribs with some paper towels and season with salt and pepper.
- Heat the oil in a deep and wide pan (that has a lid), over medium to high heat until it starts to smoke.
- Brown half of the ribs for about 8-10 minutes. Make sure they are nicely browned on all sides and transfer to a plate. Do not wipe down the pan. Add the second half of the ribs and brown well on all sides. Transfer to plate.
- Reserve 1 tablespoon of the fat from the pan and discard the rest. Add it back to the pan and brown the pancetta for about 6 minutes over medium heat. Add the carrots and celery. Cook for about 5-7 minutes, until softened.
- Add the onions and  $\frac{1}{4}$  teaspoon of salt. Turn up the heat to high and cover the pan. Shake the pan to mix and cook for about 10 minutes, until the onions release their liquid and dry out.
- Remove lid and lower heat to medium. Stir often and cook for another 8-10 minutes, until the onions brown nicely.
- Add the tomato paste and thyme. Cook for about 1 minute to release their aroma.
- Add the wine and simmer for 2 minutes. Continue cooking for about 12-15 minutes, until you get a nice thick sauce.
- Put the ribs in a pot along with any juice they may have released. Simmer over low heat for about 2 hours. You want to keep turning the ribs and let the meat soften to the point where it is falling off the bones.
- Remove ribs from pot and transfer to a plate. Let them cool a little and then remove bones and any fat and cut the meat into bite sized pieces.
- Add the pieces of meat to the sauce and season with salt and pepper.
- Boil some water to a boil in a large pot.
- When it is boiling, add the pasta and 2 tablespoons salt. Stir often and cook until al dente.
- Reserve  $\frac{1}{2}$  a cup of pasta water and drain. Add to the sauce along with the  $\frac{1}{2}$  cup of reserved pasta water if necessary and stir to

## Ingredients

- 1 kilo beef short ribs, bones left in, fat removed
- salt
- pepper
- $\frac{1}{2}$  teaspoons olive oil
- 80 g pancetta, cut into pieces that are 7mm thick
- 1 carrot, peeled and cut into pieces that are 7 mm thick
- 1 celery stalk, cut into pieces that are 7 mm thick
- $\frac{1}{2}$  kilo onions, chopped in half and thinly sliced
- 1 tablespoon tomato paste
- thyme
- 125 ml dry white wine
- $\frac{1}{2}$  kilo rigatoni pasta
- pecorino cheese, grated

## Διατροφικός πίνακας

Nutrition information per 100 gr.

143 Calories (kcal)	2.0 Total Fat (g)	0.96 Saturated Fat (g)	16.5 Total Carbs (g)
7%	3%	5%	6%
2.5 Sugars (g)	13.5 Protein (g)	1.7 Fibre (g)	0.05 Sodium (g)
3%	27%	7%	1%

combine.

- Serve with a generous amount of grated pecorino cheese.