

Soooo.... this is a GENERAL recipe for a Ragu that I do round here. It's special to me. The kids will eat it. That's special in my books. Its dead simple, tasty and so legit anyone can make it. Its not fancy, but when its dropped on the table... GAME CHANGER! Serve with ANY pasta, but I am a Gnocchi or fat noodle pasta guy myself...Much Love!!

### ***Ingredients***

2-3 lbs of Beef Meat

( now this could be a post on its own. I find the cheap cuts make the most sense and work the best. I have had great success with OX TAIL and CHUCK (its cheap!) but use what you can here. Try not to use something with a big FAT content. Its gets weird and chewy)

1/4 cup Flour

Salt and Pepper

4 tbsp Grapeseed Oil

2 tbsp Salted Butter

1 Onion - Fine Dice or Grated

1 Carrot - Fine Dice or Grated

1 Celery Stalk - Fine Dice

5 cloves Garlic - Dice or Grated

1 cup Mushrooms - Crimini is a good call, but Shiitake is gold

A handful of Fresh Thyme ( you can sub dried Thyme for this, but I find the flavor changes with this )

2 Bay Leaf

1 tbsp Worcestershire Sauce

2 tbsp Tomato Paste

1 bottle Good Red Wine - Omit if you want, or dont have

1 can ( 15 oz ) Diced Tomatoes

1/4 cup Beef Stock

1/4 cup Red Wine Vinegar

1 tbsp Sugar

1 tsp Chili Flakes

IF YOU CAN - add 1 Parm Rind --- it adds so much depth

1/4 cup Water ( hold on stand by ) ( or add if you aren't adding the wine)

### ***Let's Begin!***

1. Ok, so start by pouring yourself a glass of that good Red Wine you bought for this. Bottle had 3 cups in it, and you only need 1 cup. Its Math. You've earned it.
2. Lets get to the recipe. Coat your beef in the flour and season it with Salt and Pepper. Heat an oven use deep pan/ pot to medium high heat and add the the oil as you may need for the batch of beef you are going to brown. Half the beef, half the oil. You get the idea. Brown the beef on all sides. Remove and repeat with this step till beef is done.
3. In the same pan, add your butter, onions, carrots, celery and mushrooms. Stir and Saute for about 5-6 min. You want it all to soften up and enjoy the pan goodness. Add your garlic and stir around for a min or two. Let it get fragrant.
4. Next, add your thyme and bay leaf. Stir it around and get it mixed up. Add your tomato paste and get it mixed into everything. Let it cook off for a min or two as well. Now add your 1 cup of Red Wine. Let that burn and simmer off. If not adding it, add your Beef Stock and Worcestershire at this point and scrape off the bottom of the pan. Get all the goodies off the bottom. Now add your tomatoes and stir around. Let simmer for a hot second.
5. Now, for the tasty part. Add you Vinegar and Sugar. Stir it around. Add your beef back to the pan/ pot and give a good stir. Put a lid on it and toss it into the oven. Let it braise and simmer for 2 hours. That other glass of wine, ya... you better pour it. Keep that water near by, and check the braise at about half way. If it looks dry, add it.
6. Pull yourself from the chair you are sitting in, and get the pan/ pot out of the oven. Using a couple of forks or a set of tongs, pull the beef from the dish and shred/ pull from bones that it might still be attached to ( doubtful ). Set it on a low burner and put the meat back into the liquid. Let it stay warm while you make the pasta you want to serve with it.
7. Serve it with a good amount of Parm and enjoy the fruits of your labor!!!

**Enjoy!!**