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**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Genovese sauce |
| **Author:** | Chiara Galdi |
| **Origin:** | City: Naples  Region: Campania  Country: Italy |
| **Characteristics:** | Genovese sauce is a white pasta condiment based on onions and beef. |
| **Who created it?** | It was created in the 15th century by a gastronome nicknamed "il Genovese " |
| **Why is it special?** | My great-grandmother always did it |
| **When do I eat it?** | I usually eat it in the winter |
| **Ingredients:** | Ziti 320 g  Beef 600 g  Golden onions 1 kg  Celery 60 g  Carrots 60 g  1 sprig parsley  Bay leaf 1 leaf  White wine 100g  Extra virgin olive oil as required  Salt as needed  Black pepper as required  Parmigiano Reggiano DOP as required |
| **Preparation:** | To prepare the Genovese, start by peeling the onions and slicing them thinly. As you go, transfer them to a container and go on to peel the carrot. Then chop it finely and clean the celery, not throwing away the clump. Finely chop this too and set aside. Then move on to the meat, clean it of any excessive fat and cut it into 5 small pieces  Finally, take the celery tuft, add the parsley and the bay leaf and tie with kitchen string thus creating the fragrant bunch Move to the stove. In a pan large enough to contain the onions, pour plenty of oil. Add the onions, celery, carrot and leave to flavor for a couple of minutes over low heat.  Then add the pieces of meat, a pinch of salt and the fragrant bunch, mix and leave to flavor for a few minutes. Then lower the heat and cover with the lid. At this point the Genovese must cook for at least 3 hours; there is no need to add water or broth because the onions will release the necessary liquid so that the bottom does not dry out. It is however important to check and mix the Genoese from time to time  After 3 hours, the Genoese must be balanced in its sweetness so you need to add the wine. First, however, remove the fragrant bunch. Raise the heat slightly, add a part of the wine and mix.  Cook the meat without a lid for about an hour, stirring often and pouring the wine as the bottom has dried. At this point, take a piece of meat and chop it on a cutting board and set aside. Finally, break the ziti and cook them in boiling salted water.  When the pasta is cooked, drain it and put it back in the pan. Add a few spoonfuls of cooking juices and stir to mix.  Serve by adding a little seasoning and crumbled meat to the pasta, pepper and grated Parmesan to taste and your pasta seasoned with Genoese is ready: enjoy your meal! |
| **Servings:** | ⅘ servings |
| **Cooking time:** | 3 hours |
| **Picture:** |  |