

Classic Meat Sauce

Yvonne Maffei's recipe for a classic meat sauce is sure to become a family favourite.

Every home cook should know how to make a classic meat sauce because of its versatility, heartiness and, of course, great flavour. Substitute beef for ground lamb, chicken or turkey and add this sauce atop noodles or pizza dough. Always use olive oil, as most other oils either impart a neutral flavour (i.e. grape seed) or too strong a flavour (i.e. corn).



Sauce Ingredients

6 cloves of garlic
 ½ cup olive oil
 ½ cup tomato paste
 1.6 l crushed tomatoes
 2½ tbs raw cane sugar
 ½ tsp salt

Sauce Directions

1. In a large saucepan, heat the oil over a medium flame. Add the garlic and sauté until soft, but not brown.
2. Add the tomato paste and stir well until fully incorporated with garlic and oil. Add the chopped tomatoes, sugar and salt.
3. Reduce heat to a simmer and cook for 10-15 minutes, stirring occasionally (with a wooden spoon only, if possible).
4. When the meat has finished cooking, add to the sauce and continue to simmer until ready to serve.

Meat Ingredients

2 tbs olive oil
 ½ cup yellow onion, diced
 450 g ground beef
 2 tsp salt
 1 tbs dried parsley
 1 tbs dried basil

Meat Directions

1. Bring the meat to room temperature before cooking. In a large sauté pan, heat the oil. Add the onions and sauté until translucent, but not browned.
2. Add the meat, salt and herbs. Raise heat to medium-high. Stir while cooking to break up any large chunks and cook until meat is fully done - about 15-20 minutes.
3. Transfer directly to the tomato sauce that is simmering. Let cook uncovered for an additional five minutes. Remove from heat and serve hot on top of desired pasta noodles. If using for pizza, let it cool for several minutes before pouring onto raw dough for baking.