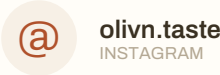


DINNER · PASTA · BEEF · MUSHROOM · ITALIAN · SLOW-COOKED

Slow-Cooked Beef & Mushroom Pappardelle Ragù



Wide pasta ribbons with fall-apart beef, browned mushrooms and a glossy red-wine ragù.

PREP	COOK	SERVES	LEVEL
25 min	165 min	6	Medium

Ingredients

18 ITEMS

Beef chuck	750 g	Fine sea salt	1.5 teaspoon
Black pepper	1 teaspoon	Olive oil	2 tablespoon
Onion	1	Carrot	1
Celery stalk	1	Garlic cloves	4
Tomato paste	2 tablespoon	Dry red wine	250 ml
Beef stock	400 ml	Canned chopped tomatoes	400 g
Thyme sprigs	4	Bay Leaves	2
Cremini mushrooms	300 g	Dried pappardelle	500 g
Parmesan	50 g	Chopped flat-leaf parsley	3 tablespoon

Method

7 STEPS

- 1 Pat the beef chuck dry and season with 1 teaspoon of the fine sea salt and the black pepper. Heat half the olive oil in a heavy casserole and brown the beef in three batches. Transfer to a plate.
- 2 Add the onion, carrot and celery with the remaining fine sea salt. Cook gently for 10 minutes. Add the garlic cloves and tomato paste and cook for 2 minutes.
- 3 Pour in the dry red wine and scrape up the browned bits. Boil for 4 minutes, then return the beef with the beef stock, canned chopped tomatoes, thyme sprigs and bay leaves.

- 4 Cover loosely and simmer very gently for 2 hours, stirring occasionally, until the beef yields easily to a fork.
- 5 Brown the cremini mushrooms in the remaining olive oil in a separate pan for 7 minutes. Shred the beef in the sauce, discard the herbs, stir in the mushrooms and simmer uncovered for 15 minutes.
- 6 Cook the dried pappardelle in well-salted water until al dente, reserving 200 ml of the pasta water. Toss the pasta with the ragù, parmesan and enough pasta water to make the sauce glossy.
- 7 Divide among warm bowls and finish with chopped flat-leaf parsley and extra parmesan.