**Pasta Bolognese**

**Italian Sausage:**

1½ # pork for grinding

1 Tbsp. salt

2 tsp. pepper

4 cloves garlic

1 tsp. red pepper flakes

2 Tbsp. fennel seeds

**Ingredients:**

1# pasta

**Sauce:**

1 Tbsp. olive oil

1 recipe Italian sausage

4 cloves garlic

1 onion, medium dice

1 carrot, medium dice

¼ cup tomato paste

1 Tbsp. chopped rosemary

1 Tbsp. oregano

1 cup red wine

6 cups diced tomatoes

Salt and pepper to taste

**INSTRUCTIONS**

**Sausage:**

1. Assemble the meat grinder with the medium die.
2. Cut the pork into strips small enough to fit in the grinder.
3. Toss the pork with the spices. Run through the meat grinder twice.

**Sauce:**

1. In a large pot over medium high heat, heat the olive oil and add the sausage.

Cook until it is cooked all the way through.

1. Add the garlic, onions, and carrots and cook until the carrots are tender; about 7 minutes.
2. Add the tomato paste and cook for 2-3 minutes or until it turns from more red to more orange.
3. Add the spices and season with salt and pepper; cook for another 2 minutes.
4. Have chef pour in the red wine. Reduce by half.
5. Once the wine has reduced, add the diced tomatoes. Turn the heat to low and cook for 30 minutes.
6. Adjust seasoning to taste.