

Dave's Meat Spaghetti Sauce.

This is my favorite version of my spaghetti sauce. I love spaghetti sauce because it is like a blank canvas. The tomatoes are the canvas, and the other ingredients are the paint. You can adjust this any way that you like. The key here is to have fun! Always taste as you go. This is a simple preparation, you get the tomatoes and sauce going in the sauce pot and then slowly add the further ingredients from the sauté pan. Into the sauce then just simmer the sauce for around 45 minutes. And yum!!

Ingredients:

1. 1 onion
2. 3 cloves of garlic
3. 1 package of pancetta
4. three heirloom tomatoes
5. 1 bunch of basil
6. 1 package of Italian sausage you can use turkey, pork or beef. I prefer the pork.
7. salt to taste
8. pepper to taste
9. three stalks of celery
10. 2 32 oz. cans of tomato sauce
11. olive oil to sauté, around $\frac{3}{4}$ of a cup
12. two tbs. of chopped green Spanish olives
13. 1 bunch of Italian parsley (fresh)
14. $\frac{1}{2}$ bunch of oregano (fresh)
15. 2 sprigs of thyme (fresh)
16. 4 leaves of sage (fresh)
17. $\frac{1}{2}$ tsp of anchovy paste
18. 1 pound of Turkey or ground sirloin, or pork, or lamb depending on your taste.
And preference.
19. Two pats of butter.
20. 2 tblsp of sugar, or honey. (Cuts the acidity of the tomatoes.)
21. $\frac{1}{2}$ a cup of port. (You can use any wine that you like I like port because of its sweetness, and sturdiness of flavor.) The main thing is to use the alcohol to enhance the flavor of the tomatoes; the alcohol brings out certain flavors in the tomatoes). This is an Alton Brown trick.
22. Sundries tomatoes.

Tools:

1. Medium sauce pot
2. sauté pan
3. wooden or metal spoon

4. a nice chefs knife
5. cutting board

Preparation:

Take your sauce pot and add in the can of tomato sauce. Dice up the heirloom tomatoes. Add the tomatoes to the pot. Start on a slow simmer. Low flame. Add port or your favorite wine to the tomato base so that it can start its work.

Take all of your aromatics (onion, garlic, celery, parsley, sage, and thyme.)

Dice the onion finely

Mince the garlic, parsley, sage and thyme

Split three celery stalks down the middle and then chop length wise.

Place in a bowl.

Now it's time for the sauté pan. Add olive oil to the pan about a tbsp. On medium heat. Add in the aromatic mixture. Sautee quickly moving it around, the key here is to slightly brown to release the sugars in the onions and in the garlic, but do not burn the garlic or it will become bitter. Once the onions are slightly browned add all aromatics to the sauce.

Place the pancetta in the pan and render on low heat you may need to adjust the heat you just want a slow render. It should sizzle just slightly.

While that is going on remove the Sausage from its casings and place in a bowl, add in the meat of your choice. Mince up the sun dried tomatoes, and add in half of your Basil, all of the olives, the anchovy paste. Mix all of them together. Place in a bowl and refrigerate.

Back to the pancetta. It should be rendered down and crisp. Add to a plate with a paper towel on time to absorb the excess grease.

Take the meat from the fridge, and add to the sauté pan. Not too much at a time just half at a time. Cook until browned, and add to the sauce on each set.

Now take the pancetta and place in a plastic bag, and take out your days frustration on it really break it up into pieces. Once it is all crumbled down. (Note: you can just break up the pieces if they do not crumble all the way the key is to make it into pieces like bacon bits.) Add to the sauce pot.

Add in the sugar or honey, to taste and season with salt and pepper to taste.

Simmer for 30 minutes so that all of the flavors can mingle and integrate with one another.

