

SPAGHETTI BOLOGNESE

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2	tablespoons	olive oil
1	medium	onion -- chopped
1	large	lean ground beef
1/2	small	carrot -- finely chopped
1/2	stalk	celery -- finely chopped
1	cup	dry white wine
1/2	cup	milk
1/8	teaspoon	nutmeg
1	can	tomatoes -- whole and peeled
1	cup	beef broth
3	tablespoons	tomato paste
1	teaspoon	salt
1	teaspoon	dried basil -- crumbled
1/2	teaspoon	dried thyme -- crumbled
1		bay leaf
1	pound	perciatelli -- or spaghetti
		boiling salted water
1	cup	parmesan cheese -- freshly grated

Heat oil in a 12" noncorrosive skillet over medium heat. Add onion; saute until soft, about 4 - 5 minutes. Cook, breaking up meat into fine pieces, just until meat loses its raw color, about 6 minutes. Do NOT brown meat.

Stir carrot and celery into meat mixture; cook over medium-high heat for 2 minutes. Stir in wine; cook until wine is evaporated, 4 - 6 minutes. Stir in milk and nutmeg; reduce heat to medium and cook until meat is evaporated, about 3 - 4 minutes. Remove from heat.

Press tomatoes and their liquid through a sieve into a bowl; discard seeds. Stir sieved tomatoes, beef broth, tomato paste, salt, basil, thyme, pepper and bay leaf into meat mixture. Heat to boiling; reduce heat to low. Simmer uncovered, stirring frequently, until most of the liquid is evaporated and the sauce is thick, 1 - 1 1/2 hours. Remove and discard bay leaf.

Just before serving time, cook perciatelli or spaghetti in a large kettle of boiling salted water just until al dente, 8 - 18 minutes depending on thickness of pasta. Drain well. Ladle meat sauce over spaghetti in a heated bowl. Sprinkle cheese on top