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Ragù alla Bolognese

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Ragù alla Bolognese

Susan Greni

is a hearty, meat, and tomato-based sauce, best served during the cold months. It is slow cooked for hours, allowing the flavors to fully develop and then served over a thick pasta, like tagliatelle, fettuccine, or pappardelle.

Cooking is beautiful. It serves as a stress reliever, but you also wind up with a delicious final product. There are a lot of parallels that we can draw from this process to our career in medicine. You watch as ingredients are put under pressure and changed into something completely new, more complex and, dare I say, better? Not unlike us as we progress through our careers in medicine, we will be changed irrevocably, and hopefully for the better, by the medical education process -- the constant pressure to be perfect, the "heat" of the gravity and responsibility that we have to our patients.

A final note which is somewhat of a commentary on today's society. This recipe takes 2-3 hours (ideally it will simmer for 6+ hours). I know that you can get a good pasta sauce out of a jar in 30 seconds but there is a certain pride in making such a beautiful sauce from scratch. Yes, it is time-consuming but sometimes the best things are.



Ingredients:

- 3 carrots
- 1 onion
- 3 stalks Celery
- 4 cloves of Garlic
- salt and pepper to taste
- 1 lbs. Ground beef
- 1lbs. Mild Italian sausage
- ½ cup Red wine
- 1 28 oz can crushed tomatoes
- 2 tablespoons tomato paste
- 1 carton Chicken broth
- 1 cup Half and half
- Grated parmesan to sprinkle on top

Recipe:

1. Start off by heating a deep skillet with cooking oil of your choice. Put your carrots, onion and celery into a food processor and pulse until coarsely chopped. Separately mince your garlic. Place your carrot mixture into a hot skillet and sweat it. Next add your garlic until it's fragrant, about 30 seconds.
2. Add your ground beef and ground mild Italian sausage to the skillet and brown, stirring often.
3. Add your wine to the skillet and allow it to evaporate slightly. Then add in your crushed tomatoes, and chicken broth. Cook on medium low until gently bubbling. Add in your tomato paste and stir. Allow sauce to thicken. It's best to leave this sauce slowly cooking for 5-6 hours. Right before serving, stir in your half and half.
4. Boil your pasta of choice and once al dente, remove it from the water. Toss your pasta into your sauce and allow it to become fully coated. Serve with a heaping pile of freshly grated parmesan.

Sources:

This has been my go-to recipe for years. It is a modified combination of the following recipes: <https://therecipecritic.com/bolognese-sauce/> and <https://whatsgabycooking.com/ragu-alla-bolognese/>



Susan Greni is an M4 and current applicant to neurosurgery. In a former life before medical school (B.M.S) she studied mosquito genetics at grad school in Sao Paulo Brazil. While there, she married her better half, Rodrigo. They have been married for 10 years and have two kids, Jonah (7) and Charlie (3). Medical school, and soon residency, require a fine balance between hard work and mental well being. Susan believes that we can't be our best and take care of our patients in the most humanistic way if we aren't taking care of ourselves. As a member of the GHHS Arts in Medicine committee, Susan encourages all forms of art (cooking, writing, photography, whatever!) to practice wellness.