

# Mushroom & Beef Ragu Handmade Pasta



Preparation time: 70 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes



## Ingredients

### PASTA

- 4 x eggs
- 400gms of Plain Flour (Tipo 00 Strong flour is best)

### RAGU

- 1 onion, diced
- 1 French shallot, diced
- 2 tbsp. of olive oil
- 2 cloves of garlic, finely chopped
- 500gms of diced tender beef
- 500gms of button mushrooms, halved.

- 2 tbsp. of fresh thyme leaves
- 2 bay leaves
- 4 tbsp. of tomato paste
- 1 can (400gm) of chopped tomatoes
- Salt and pepper

Method

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1. To make the pasta, pour the flour onto a clean work surface and make a well in the middle. Crack in the eggs and gently break apart the yolks with a fork. Mix together using your hands until a ball of dough is formed and then knead for 3-5 minutes, or until the dough is smooth.
2. Bring the dough into a ball and wrap in plastic wrap for 20 minutes to rest.
3. Meanwhile, in a large deep saucepan, fry off the onions and shallots until softened.
4. Add the beef and cook, stirring frequently, until sealed (browned all over).
5. Add the garlic and cook for a further 30 seconds.
6. Add the tomato paste, and stir well, coating the meat, for a minute or two.
7. Add the chopped tomatoes, then fill the can with water and add the water to the pot, too.
8. Add the bay leaves and thyme, then put on the lid and bring to the boil.
9. Allow to simmer for 20 minutes, before adding the mushrooms.
0. While the sauce is simmering, roll out your pasta using a pasta machine or pasta attachment on your food processor. You can also roll the pasta thinly with a rolling pin before cutting, but this is a lot more work! (tip: Be sure to keep adding plenty of flour to stop the pasta from sticking to itself).
1. Cut the pasta in the shapes you prefer – I like thick, hand cut pappardelle.
2. Back to the sauce, once the mushrooms have been added, cook for a further 5 minutes with the lid on, before removing the lid.
3. Season to taste, and then keep on a medium heat, stirring frequently, while you cook your pasta.
4. To cook the pasta, bring a large pot of heavily salted water to the boil (the water should taste like the ocean).
5. Add the pasta and cook for 2-3 minutes, or until al dente (just cooked).
6. Drain the pasta and place in bowls, ready to serve.
7. Spoon the sauce over the top, add some spare fresh thyme to serve and enjoy!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
369g	2140kJ 511kcal	38.4g	13.2g	2.9g	55g	6.3g	257mg	6g	7.2µg

All nutrition values are per serve.