

MEMORANDUM

To: Lovers of Italian Food
From: Gregfolio Company
Subject: Italian Meat/Tomato Sauce (Technical Writing - Directions)

September 8, 1986

Making good Italian-style meat/tomato sauce for spaghetti and lasagna is an art and science at the same time — science in measurement and timing, and art in perfecting culinary expertise. If the following directions are at least closely adhered to, the result will be a mild but zesty Italian sauce that will please the most particular palate. Of course, slight variations in the original recipe will alter the results, so tune to your taste.

This recipe will produce enough portions to feed five to eight people.

Cooking utensils:

5 quart (4.73 liter) pot (with lid)
Long handled spoon (for stirring)
Knife (for cutting meat)

Optional: garlic press

Food and seasonings:

Extra-lean ground beef	1	pound
Pork ribs	4 to 8	boneless or bone in
Tomato Puree	1	one-pound, twelve-ounce can
Tomato Sauce	1	fifteen-ounce can
Oregano	1	teaspoon
Sweet Basil	$\frac{3}{4}$	teaspoon
Bay leaves	2	leaves
Garlic	6	pieces (chopped or crushed)
Onion	1	large (chopped)
Salt	$\frac{1}{2}$	teaspoon
Black or Red pepper	$\frac{1}{4} - \frac{1}{2}$	teaspoon
Sugar	1	teaspoon
Olive oil	1	tablespoon
Worcestershire sauce	$\frac{1}{2} - 1$	teaspoon
Beef bouillon	1 - 2	cubes
Chicken bouillon	0 - 1	cube
Parsley	$\frac{1}{2} - 1$	teaspoon
Gelatin	1	small packet
Port Wine	1 - 1 $\frac{1}{2}$	cups

1. If pork ribs with bones are used, trim as much of the meat off the bones as possible.
2. Trim the fat from the meat and bones and discard the fat.
3. Put the tomato sauce and puree into the pot. Rinse the puree can with 1 to 1 ½ cans of water into the pot.
4. Mix in the seasonings, oil, and wine.
5. Place the trimmed pork and ground beef into the pot. Roll the ground beef into balls or break it into pieces.
6. Bring the contents of the pot to a boil for five minutes.
7. Turn down the heat to where the sauce simmers or slightly bubbles.
8. Carefully put the bones into the pot and stir the contents.
9. Slow cook the sauce for two hours, stirring every twenty minutes. This step has a major influence on the final taste. The sauce must be cooked for two hours in order for the seasonings to blend into the entire mixture.
10. After two hours of cooking, remove the pot from the heat (remove any bones) and cover the pot with a lid. If the meal is to be served after cooking, let the sauce steep (cool and continue blending the seasonings) for at least fifteen minutes, or longer. If cooking and storing, let the sauce cool before placing under refrigeration.

The above recipe without the meat is also a good basis for any other variation. Chicken or seafood — such as scallops and crab — can also be substituted or combined with the pork and beef. Again, use the above seasonings to suit your taste and to please your guests. One word of caution: The sauce can stain clothing very easily. Also... happy eating!