

Ragú Napoletano (serves 6)

This sauce freezes fantastically so you can make it weeks before you need it and use it when you need big flavour

Good virgin olive oil

4 400g tins of Italian peeled tomatoes chopped

Two large tablespoons of tomato paste

Half a bottle of good robust red wine. (pleeez no boxed garbage – if you would not drink it why #%#@*!! Up your food with it)

1 large diced onion

2 celery stalks diced

1 large carrot diced

2 cloves of crushed garlic

1 whole sirloin

8 Italian salsicce or good coarse pork sausage

1 small chicken on the bone cut into coarse chunks

1 rack of lamb on the bone

2 joints of carefully trimmed rabbit if available

Handful of fresh basil

Method

In your largest pot braise the diced carrots, onions, garlic and celery on a moderate heat until glossy. It is important that they not burn.

Add the sirloin, lamb, chicken and rabbit in large pieces with the sausage and cook slowly turning over until lightly browned.

Add the wine slowly in drops into the pot stirring and reducing until all the alcohol has evaporated and the sauce is reaching a nice thick consistency at the base of the pot.

At this point add the tomato paste and stir in. Cook for a further 5 minutes stirring continuously to prevent any burning. The emphasis must be on a gentle cooking process with respect for your ingredients. Add the peeled tomato and the basil and season to taste with sea salt and black pepper. Allow to simmer slowly for two to three hours. The meat should now be dissolving into the sauce and the sauce should have thickened and browned.