

# The Gobabog Bolognese

> *New ingredients spill onto the clean marble floors. Tomatoes, meats, mushrooms, spices. Pappardelle pasta pours unendingly from one Adventurer's pack; who shrugs.*

*The Gobabog begins to smile...*

*"...have you tried bolognese? I would be happy to share another family recipe..."*

4 servings

3 hours

Vegan

Gluten free

## Ingredients:

1 pound minced meat or mushrooms\* (.5 kilograms)  
- if meat, 1/4 teaspoon baking soda (1.25 grams)  
1 large onion, finely diced  
2 carrots, finely diced  
2 celery, finely diced\*\*  
2 tablespoons tomato paste, or to taste (.5 oz or 15 ml)  
1 cup milk (240 ml)  
1 cup white wine (240 ml)  
1 cup stock (240 ml)  
~2 cups crushed tomato (~16 oz, ~450 grams)  
1/4 teaspoon nutmeg, or to taste, freshly ground is best (1.25 grams)  
Salt and pepper  
Fresh Italian parsley  
Fresh oregano  
Pasta\*\*\*  
Parmesan or vegan cheese, as topping

## Game Guide

*This secret recipe was unlocked by the diligent questing of this cookbook's Kickstarter backers!*

Vegan-- Be sure to use mushrooms, and for milk, plain almond milk or soy milk work best. For topping, vegan Deku Ricotta Cheese (page 84) is delicious.

Gluten Free-- Try gluten free pasta, or make your own with gluten free flour, eggs, xanthum gum, and water! Try King Arthur's simple gluten free pasta recipe, available online.

\*Whatever you have on hand and enjoy; finely diced portobello mushrooms, half ground beef and half ground pork is traditional, I prefer just ground beef. If you are cooking with ground meat, sprinkle 1/4 teaspoon baking soda and mix in before adding to the pan.

\*\*Roughly equal portions of onion to carrot to celery.

\*\*\*Pappardelle or Rotini is lovely, or whatever you have on hand.

# The Giobabog Bolognese

## Directions:

1. Make soffrito; finely dice the onion, carrot, and celery. Toss together onto a large pan over medium heat, stirring until the soffrito sweats and onion is transparent, about 10 minutes. Remove the soffrito and put aside.
2. Brown the minced meat or mushrooms in the pan over medium high heat, stirring occasionally, about ten minutes. If using meat, no oil is necessary, but do mix in 1/4 teaspoon baking soda. Mushrooms do well with a splash of extra virgin olive oil or avocado oil.
3. Once the meat or mushrooms are cooked, turn the heat down to medium, then add the soffrito back in and mix thoroughly
4. Add the tomato paste, nutmeg, salt and pepper, mix thoroughly
5. Add the white wine, reduce on medium low, stirring occasionally.\*
6. Add the milk, reduce on medium low, stirring occasionally.
7. Add the stock, reduce on medium low, stirring occasionally.
8. Add the crushed tomatoes, reduce on medium low, stirring occasionally.
9. Add some fresh parsley and oregano, stir to submerge, then partially cover on low heat for about an hour, if you have time.
10. When the bolognese is nearing completion, prepare your pasta. Boil water, be sure to salt the water, add your pasta, and cook until just al dente, about 7 minutes. Retain half a cup of the cooked pasta water, then drain pasta.
11. Add retained half cup pasta water to the bolognese, then increase heat to a medium high simmer.
12. Add the pasta, and stir thoroughly so pasta is nicely coated.
13. Remove from heat, stir in a tiny pinch of nutmeg to reawaken the flavor, taste, add salt and pepper if necessary, top with shaved parmesan or vegan cheese, serve immediately, and enjoy!

\*Reduce until the pan is easily visible when stirring, then proceed to the next step. These reductions take less time on higher heat, but lower heat for longer is more delicious. Steps 5 through 8 usually take me about an hour.