

Chef Sasto's Beet Bolognese with Autumn Brands Cannabis

-This is a fun twist on a traditional Italian Bolognese. I always prefer to use fresh, hand-made pasta. But to save time and energy at home, a good store-bought dried pasta will work as well.

4ea large red beets (tops and stems reserved)
1sprig Thyme, fresh
1bu Rosemary,
6clove garlic (peeled)
1ea small yellow sweet onion (finely diced)
2ea large shallot, peeled and diced
1ea large carrot, peeled and diced
2Tb Tomato Paste
1# pasta
Salt
Pepper
Olive oil

1. In batches, combine the garlic, carrot, onion, shallot, blitzing in the food processor. Stop and scrape down the sides multiple times, until a small consistently sized paste is formed.
2. Use a small amount of olive oil to assist in lubing the mix during the blitzing.
3. Add this vegetable soffito mix to a large flat bottom pan and add enough olive oil to barely cover.
4. Cook over low heat stirring and scraping consistently for 1 hour until soft and translucent (This can be used as a base for any ragu). Add 2Tb tomato paste and continue to cook for 30 minutes.
5. Wash the beet roots very well, and dress with olive oil salt and pepper
6. Place the beets and a sprig of rosemary in a roasting pan and cover with a layer of plastic wrap, followed by two layers of foil (to steam & roast)
7. Place in 350F oven for 45min-1.5hour until the beets are easily pierced with a knife, but not mushy.
8. While still warm, use a clean kitchen towel to rub the skins off of the beets, peeling them.
9. Allow the beets to cool.
10. Cube the beets into large pieces and place in food processor, add some additional oil for lube if needed, and pulse until chopped into small pieces, but not a mush or paste. (Similar to the texture of chunky ground beef)
11. Everything up to this point can be done a day or two in advance
12. During this time bring a large pot of salted water to a boil to cook your pasta.
13. Add your soffrito and beet mixture to the pan. (Add a few tablespoons of the starchy pasta water at this point to begin your pan sauce)
14. When your pasta is 90% cooked, strain from the water and add to your rage pan.
15. Finish cooking the pasta, marrying it with the ragu, using reserved starchy pasta water to emulsify.