

# Tagliatelle with Porcini Bolognaise

Yields 4-6 portions

## Ingredients:

Tagliatelle Pasta	1 lb
Porcini Bolognaise	1 recipe (below)
Rosemary, minced	1 Tbsp
Butter	¼ cup
Parmesan, grated	½ cup
Greek yogurt	1 cup

## Instructions:

1. Bring a large pot (6-8 litre) of water to a boil, seasonal well with salt.
2. Add pasta to boiling water cook pasta until tender (approx. 2 minutes for fresh or 6 minutes for dry).
3. Drain and add to the pot with the bolognaise and toss to combine.
4. Add rosemary, butter and parmesan
5. Serve immediately with a dollop of yogurt.

## Porcini Bolognaise Sauce

### Ingredients:

Water, warm	3 cups
Dried Porcini Mushrooms	1/3 cup
Extra Virgin Olive Oil	¼ cup
Mushrooms (fresh), diced	2 cups
**try trumpet or oyster mushrooms but white or crimini mushrooms would work as well	
Celery, small dice	½ cup
Carrots, small dice	½ cup
Onions, small dice	2 cups
Parsnips, small dice	½ cup
Turnips, small dice	½ cup
Tomatoes, diced	2 cups
Tomato, paste	2 Tbsp
Dry Red Wine	1 ½ cup
Parmesan, rinds	1 cup or 8oz
Chili Flakes	¼ tsp.
Salt	1 Tbsp

### Instructions:

1. In a large bowl, soak dried porcini for 20 minutes, strain mushrooms and reserve water.
2. In a large sauce pot heat olive oil over medium heat, add mushrooms, diced vegetables and salt and sweat for approximately 20 minutes
3. Add porcini mushrooms
4. Add tomato paste and stir until caramelized, then add diced tomato and simmer for 10 more minutes.
5. Deglaze with red wine, add porcini soaking water, parmesan rinds, chili flakes and continue simmering for 20 minutes,

## Overview:

This bolognaise pasta recipe is a healthy version using the meaty texture and a full rich flavor mushrooms have to offer. Substituting mushrooms for ground pork, beef or veal also significantly reduces the amount of cholesterol. A dollop of yogurt in place of cream still provides that great creamy texture.

Substitute pasta but cutting carrots or other roots vegetables or even zucchini into ribbon slices and slightly braising them in a covered pan with a little olive oil, salt, pepper and water.

Enjoy!

James McFarland