

Donald Rouse's Spaghetti with Meatballs and Beef Daube

WHAT YOU WILL NEED

For the Red Gravy with Daube

3 to 4 pounds of veal roast

Rouses salt and pepper, to taste

Rouses olive oil

1 large onion, chopped

5 cloves garlic, minced

2 medium stalks celery, chopped

2 tablespoons Italian seasoning

1 teaspoon anise seeds

28 ounce can San Marzano crushed tomatoes

28 ounce cans San Marzano tomato puree

Chopped fresh sweet basil, to taste

Chopped fresh parsley, to taste

For the Meatballs

3 pounds Rouses fresh 80% lean ground beef

1 pound Rouses fresh Italian sausage, casing removed

2 white or yellow onions, chopped fine

4 garlic cloves, minced

4 medium stalks celery, chopped fine

4 garlic cloves, minced

3 tablespoons Italian breadcrumbs

1/4 cup grated Parmesan cheese

6 cups spaghetti, boiled

HOW TO PREPARE

For the Meatballs:

In a large bowl mix all ingredients together until thoroughly combined. Using your hands, roll mixture into meatballs, about 1 ½ inch thick. Set aside on wax paper. Pour just enough olive oil into a large skillet to coat bottom. Brown meatballs in olive oil, adding more oil as needed. Remove and set aside. When all meatballs are cooked, add to red gravy and allow to simmer for one hour before serving.

For the Red Gravy with Daube:

Rinse, pat dry and season veal with Rouses salt and pepper. Pour just enough olive oil into a large pot to coat the bottom. Pan fry meat in the olive oil, turning to brown both sides. Remove veal and set aside. Add onion, garlic and celery in the pot and sauté until translucent. Add crushed tomatoes and tomato sauce, anise seeds, Italian seasoning, and sweet basil, season with salt and pepper. Return meat to the pot and simmer for 1 to 2 hours until veal is broken down and gravy has thickened.

