



TEAM FOUR
FOODSERVICE



GLUTEN FREE FETTUCINE WITH LAMB FENNEL RAGU AND PARMIGIANO SAUCE

Yield: 10 servings

Ingredients:

20 Oz. Barilla® gluten free fettuccine
20 Oz. Ground lamb
5 Tbsp. Extra virgin olive oil
1 Yellow onion, small dice
3 Celery sticks, finely chopped
3 Garlic cloves, finely chopped
1 Leek, finely chopped
1 Fennel bulb, finely chopped
2 Tbsp. Oregano, chopped
2 ½ Cup beef broth
32 Oz. Chopped tomatoes
1 Pt. Heavy cream
1 ½ Cup parmesiano, grated
¼ Cup parsley, leaves
Salt & black pepper to taste

Directions:

1. Bring heavy cream to a simmer. Whisk 1 cup of the parmesiano into cream. Cook for 1-2 min. And set aside.
2. In a skillet over med/high heat add half of the oil and brown the lamb.
3. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions.
4. Add the remaining oil to the pan with onion, celery, leek, carrot, and fennel. Cook for 2-3 min. Then add garlic and oregano.
5. Cook lamb and vegetable mixture for 5-7 minutes, until vegetables start to soften. Add tomato cooking an additional 3-4 minutes.
6. Pour in broth into the mixture and bring to a simmer.
7. Drain pasta and add to lamb mixture with the remaining parmesiano, tossing well.
8. Pour parmesiano sauce over the top and garnish with parsley leaves.

Recipe and photo courtesy of Barilla