



Rejeanne's World-Famous Spaghetti Sauce

by Dr. Michael Shevell

This comforting, no-fuss recipe was passed down by Dr. Shevell's mother, Rejeanne, and has become a staple at family dinners. He first shared this tradition in Volume 1, where his world-famous lasagna made its debut. As Volume 1 has reached readers across Canada, the U.S., Sweden, Poland and Israel, this humble dish has earned its "world-famous" title - one kitchen, one meal and one memory at a time. Now, Rejeanne's world-famous spaghetti sauce is part of the story. Made with simple ingredients, patience and love, this rich and savoury sauce is ready for your favourite pasta!

 4 - 6 servings

 > 60 min

 Yes

 None

1 tbsp extra-virgin olive oil
1 1/2 lb extra-lean ground beef
2 (796 mL ea) cans spiced crushed tomatoes
3 bay leaves
1 yellow onion, halved
2 tbsp sugar
1 tsp crushed chili peppers or 1 tsp cayenne pepper
1 tsp Pickapeppa sauce*, optional
500 g spaghetti, for serving,
cooked as per Giulia's guide to cooking pasta (page 129)
Basil leaves, for garnish, optional

In a large pot, heat oil over medium-high heat. Add beef, breaking it up with a wooden spoon, and cook for 4 to 5 minutes until browned. Pour in the tomatoes and stir. Add bay leaves, onion, sugar, chili, and Pickapeppa sauce. Bring to a boil, then reduce heat and simmer, uncovered, for 2 hours, stirring every 10 to 15 minutes, until the desired flavour has developed. Discard onion halves and bay leaves.

Remove about 1 to 1 1/2 cups of sauce from the pot and set it aside. Add pasta to the sauce in the pot and toss to coat, adding splashes of the reserved pasta water until the sauce reaches a silky consistency and clings to the pasta. Discard remaining cooking water. Add some or all of the reserved sauce, if needed, to taste. Otherwise, freeze what is not used for another time.

To serve, place pasta in a serving bowl and garnish with basil (if using).

REJEANNE'S TIP

*Pickapeppa sauce is a Jamaican condiment commonly found in Caribbean grocery stores. (It's featured in Dr. Shevell's world-famous lasagna in Volume 1 of the À la Carte Cookbook.) If you can't find Pickapeppa sauce, 1/2 teaspoon of Tabasco sauce works well, too.