

Authentic Italian Sunday Gravy: A Slow-Simmered Family Tradition

with their juices, crushed by hand



TIME
4 min

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INGREDIENTS

For the Meatballs: 2 pounds ground beef 2 eggs 1/4 cup milk 2 garlic cloves , minced 1 1/2 Tbsp Italian seasoning 1 1/2 tsp salt 1/2 tsp black pepper 1/4 cup fresh parsley , chopped 2/3 cup Italian style breadcrumbs:

DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Meatballs
3. : In a large bowl, whisk together the eggs, milk, minced garlic, Italian seasoning, salt, black pepper, and chopped parsley. Add the breadcrumbs and ground beef, and mix by hand until all the ingredients are just combined. Do not overmix. Form the mixture into 1 1/2 inch same-sized meatballs. Cover them and refrigerate until ready to use.
4. Brown the : Meats
5. : In a large, heavy-bottomed pot or Dutch oven, heat the olive oil over medium-high heat. Brown the short ribs on all sides. Remove them to a plate. Then, brown the beef sausage links and set them aside. Finally, brown the meatballs and also set them aside.
6. Build the : Gravy Base
7. : Add a dash of olive oil to the pot if needed, and sauté the diced onion and grated carrots for 3 4 minutes. Add the chopped garlic and sauté for another minute until fragrant.
8. Deglaze with : Wine
9. : Pour in the red wine and deglaze the pot, scraping up any brown bits from the bottom. This is a crucial step for building flavor. Cook until the wine is reduced by half, about 3 4 minutes.
10. Simmer the : Gravy
11. : Add the crushed whole tomatoes, tomato paste, water, fresh basil leaves, rosemary, bay leaves, dried oregano, salt, and pepper. Stir well to combine. Add the browned short ribs to the gravy.

12. Slow : Cook the Meats
13. : Cover the pot, reduce the heat to medium-low, and let the gravy simmer for 2
14. 5 hours, stirring occasionally. Add the beef sausages to the gravy and cook for another hour, uncovered.
15. Add the : Meatballs
16. : Add the meatballs and cook, uncovered, for another hour. Make sure the meats are mostly submerged under the gravy and stir occasionally. Maintain a gentle simmer throughout the cooking time.
17. Finish and : Serve
18. : Towards the end of the cooking time, skim off any excess fat from the top of the gravy. Taste and adjust the seasoning for salt and pepper. Serve the Sunday Gravy hot over your favorite pasta shape, along with fresh Parmesan, basil, and crusty bread.

SWAPS & NOTES

Meatballs : While ground beef is the classic choice, you can also use a mixture of beef, pork, and veal for a more traditional flavor.

The key is to not overmix the meat, which can make the meatballs tough.

Short Ribs : Short ribs add a wonderful depth of flavor to the gravy.

You can also use other cuts of meat, such as pork ribs, lamb shanks, or a bone-in pork shoulder.

TIPS FOR SUCCESS

Don't Overmix the Meatballs : Overmixing the meatball mixture can result in a tough, dense meatball.

Mix just until the ingredients are combined.

Brown the Meats : Searing the meats before adding them to the gravy is a crucial step.

It creates a rich, complex flavor that is the foundation of a great gravy.

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