

Japanese Yoshoku Meat Sauce Spaghetti

ミートソース

2 Servings

Ingredients

- 250 g あいびき肉 (beef/pork blend)
- 1 medium onion (200 g), very finely minced
- 1 small carrot (80 g), finely pulsed in food processor – rice-sized pieces, no wet slurry)
- 15 g butter
- 1 T tomato paste
- 200 g canned crushed tomatoes
- 1 T ketchup
- 1 tsp Worcestershire sauce
- 60 ml milk
- ½ tsp sugar
- ½ tsp salt + ¼ tsp MSG
- ¼ tsp black pepper
- 1 small bay leaf (optional)
- 160 g spaghetti



Instructions *[See Upgrade Steps below in green]*

1. Melt **butter** over **medium-low heat**.
2. Add **onion** and **carrot**. Cook slowly **8–10 minutes** *[15-18 minutes on low heat]* until soft and moisture evaporates (do not brown).
3. Add あいびき. Break extremely fine; cook until moisture fully evaporates *[After browning meat, add 1 T dry red wine and cook until fully evaporated before adding tomatoes]*.
4. Add **tomato paste**; cook **1–2 minutes** *[Push meat to one side, cook tomato paste directly on pan surface 60-90 seconds before mixing]*.
5. Add **crushed tomatoes, ketchup, Worcestershire, sugar** *[reduce from ½ to ¼ tsp]*, **salt, MSG, pepper**, and **bay leaf**.
6. **Simmer** uncovered **10–15 minutes** until thick and cohesive (not wet) *[After simmering, lightly mash sauce with flat spatula]*.
7. Stir in **milk**; **simmer 2–3 minutes** for orange tone and richness.
8. Cook **spaghetti** al dente *[undercook by 1 minute]*; *reserve 2–3 T pasta water*.
9. *[Stir in 5 g butter off heat just before tossing with pasta]*. Toss pasta directly with sauce; add small splash pasta water *[2-3T]* if needed. *[Cook together 30–45 seconds for proper emulsification.]*
10. Finish with grated **Parmesan**.

Notes: Texture Goal

- Fine-grained, not chunky, keema-like
- No visible oil pooling
- No visible carrot chunks, onion disappears
- Thick, cohesive, lightly orange tone
- Spread vegetable in pan and cook slowly; let moisture evaporate before adding meat

- Pulse in processor, spread on cutting board, run knife once through to even texture

Nutrition (Per Serving)

Kcal: 789 | Protein: 35 g | Fat: 33 g | Sat. Fat: 13 g | Carbs: 87 g | Sugars: 19 g | Fiber: 8 g | Sodium: 363 mg | Omega-3: 0.15 g

Nutrition (Total Dish)

Kcal: 1578 | Protein: 70 g | Fat: 65 g | Sat. Fat: 26 g | Carbs: 174 g | Sugars: 38 g | Fiber: 15 g | Sodium: 725 mg | Omega-3: 0.3 g

Restaurant Upgrade Variation – Yoshoku Meat Sauce

Purpose

Refines texture, deepens flavor, and improves pasta integration without changing the traditional yoshoku character.

Upgrade Steps

1. Extended Onion Cook

- Cook onion and carrot **15–18 minutes** on **low heat**.
- Do not brown deeply; concentrate sweetness gently.
- **Reduce sugar** from ½ tsp to ¼ tsp.

2. Tomato Paste Caramelization

- Push meat to one side of pan.
- Cook **tomato paste directly on pan surface 60–90 seconds** before mixing.
- This removes raw acidity and increases depth.

3. Optional Red Wine Addition

- Add **1 T dry red wine** after browning meat.
- Cook until fully evaporated before adding tomatoes.
- Flavor should not taste 'Italian' — just deeper.

4. Texture Tightening

- After simmering, **lightly mash sauce with flat spatula**.
- Aim for ultra-fine, keema-style cohesion.

5. Butter Finish (Essential)

- Stir in **5 g butter off heat** just before tossing with pasta.
- Enhances sheen, smoothness, and orange tone.

6. Pasta Integration Technique

- **Undercook pasta by 1 minute.**



- Transfer directly into sauce with 2–3 T pasta water.
- Cook together **30–45 seconds** for proper emulsification.

Resulting Characteristics

- Fine-grained, cohesive texture
- No visible oil pooling
- Orange-red tone, not dark brown
- Balanced sweetness without noticeable sugar
- Restaurant-level finish while remaining authentic yoshoku