

This is the basis for all good soups, stews, ragu and pasta sauces. It has come to my attention that I have referred to this incorrectly as the Holy Grail or Trinity when in actuality in the US it is called the . . .

Holy Trinity

1 part **onion** to 2 parts **celery**

Over med-low heat, in a SMALL amount of butter or olive oil SWEAT your veggies SLOWLY to release their moisture and render them tender.

To make it **Cajun Style** add 1 part **bell pepper**, color of your choice and use bacon fat in place of butter or olive oil.



In France it is called . . . **Mirepoix**

2 parts onion to 1 part celery and 1 part **carrots**, all small diced, sweat until tender in butter, over med-low heat.

In Italy you find . . . **Soffritto**

To the basic Mirepoix above you will add to your taste, using olive oil and cook down SLOWLY into a paste:

1 part onion to 2 parts celery and add:

- Garlic
- Tomatoes
- Flat Leaf Italian Parsley

Over med-low heat, in a SMALL amount of butter or olive oil SWEAT your veggies SLOWLY to release their moisture and render them tender.

To make it **Cajun Style** add 1 part bell pepper, color of your choice and use bacon fat in place of butter or olive oil.

