

BAKED LASAGNE WITH MEAT SAUCE, BOLOGNESE STYLE - Serves 6

INGREDIENTS:

Lasagne Noodles- white or green – pre-cooked as per package instructions and drained (2 pounds for 8 servings)

1 TBSP salt

2 TBSP butter plus more for greasing 9 x 12 inch bake and serve lasagne pan, no less than 2-1/2 inches high

2/3 cup freshly grated reggiano parmesan cheese

Bolognese Meat Sauce Recipe as below

Bechamel Sauce: Recipe as below

BOLOGNESE MEAT SAUCE: Serves 6

Use a pot that retains heat. If you cannot watch the sauce for a three hour stretch, turn off the heat when you have to leave and resume cooking later on as long as you complete the sauce in the same day.

You can make the sauce ahead of time and either freeze or put in the fridge for 3 days. Reheat the sauce by letting it simmer for 15 minutes and stirring it once or twice.

1 tbsp vegetable oil

3 tbsp butter + 1 tbsp for tossing pasta

½ cup chopped onion

2/3 cup chopped celery

2/3 cup chopped carrot

¾ pound ground beef chuck

Salt and fresh ground pepper

1 cup whole milk

nutmeg

1 cup dry white wine

1-1/2 cups canned imported Italian plum tomatoes, cut up, with their juice

Parmesan cheese at the table

PREPARATION OF MEAT SAUCE BOLOGNESE

Put the oil, butter and onion in a pot, turn on the heat to medium and cook and stir the onion until translucent. Add chopped celery and carrot cooking for two minutes.

Add beef, a large pinch of salt and pepper and cook until beef has lost its red color.

Add milk and simmer gently, stirring frequently until it has bubbled away completely. Add 1/8 tsp of nutmeg and stir.

Add the wine, let it simmer until it has evaporated, add tomatoes. Turn heat to simmer, cook uncovered for 3 hours or more and stir from time to time. Add water if sauce becomes sticky.

Taste when finished and correct for salt

BECHAMEL SAUCE – serves 6

3 cups of milk
6 tbsp butter
4 ½ tbsp. flour
¼ tsp salt

Pour milk into a sauce pan, turn on heat to medium low and bring just to the verge of boiling. While heating milk, put butter in a large saucepan and turn heat to low. When the butter has melted completely, add all the flour, stirring with a wooden spoon. Cook, stirring constantly for about two minutes. Remove from heat. Add hot milk to flour and butter mixture 2 tbsp at a time. Stir steadily and thoroughly until you have added ½ cup of milk. Pour the rest of the milk at ½ cup at a time. Cook until sauce is the consistency of sour cream.

PREPARATION OF LASAGNE.

Preheat oven to 400 degrees

Thickly smear the bottom of lasagne pan with butter and about 1 tbsp béchamel sauce. Line the bottom of the pan with a single layer of pasta strips. Combine meat sauce and béchamel and spread a thin coating of it on the pasta. Sprinkle some grated parmesan. Continue to prepare lasagne as such and build up to 6 layers of pasta. Leave enough sauce to spread on top, sprinkle with parmesan and dot with butter.

Bake on upper rack for 10-15 minutes. If a crust does not begin to form in first few minutes, increase oven another 50-75 degrees. Bake 15 minutes maximum.

Remove from oven and let it sit for 10 minutes.

SERVE LASAGNE WITH STEAMED ASPARAGUS WITH LEMON