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Traditional Lasagne

Ingredients

1 oz. olive oil
1 onion, finely chopped
2lb. beef mince
3 cloves of garlic, crushed
1 can chopped tomatoes
0.5 oz. dried basil
1 tsp. dried thyme
Salt and pepper to taste
½ tsp. sugar
4fl oz. red wine (optional)
7.5 butter
1.25oz flour
36fl oz. cups hot milk
2 oz. grated parmesan, split
1 packet lasagna sheets

Preparation

- 1 Preheat the oven to 180°C
- 2 In a pan heat the oil and add the onion. Sauté until the onion has browned. Add the mince and garlic and sauté until mince is cooked. Drain any excess fat
- 3 Add the can of tomatoes, red wine (if using) and the herbs and seasonings. Reduce the heat and allow to simmer for 20 minutes
- 4 In the meantime boil the pasta sheets for approximately 8 minutes and make the béchamel sauce
- 5 For the sauce, soften the butter and add the flour
- 6 Stir until it is fully combined and make sure that the mixture does not brown. Add the hot milk slowly and continue stirring
- 7 Make sure there are no lumps and stir until the sauce is thickened. Add salt and pepper and ½ cup of parmesan to the béchamel sauce
- 8 Now you can begin assembling the lasagna. In an ovenproof baking dish make the first layer a thin layer of the meat sauce, and then cover with a layer of pasta
- 9 Onto the pasta add a layer of béchamel, then a layer of meat then a layer of pasta
- 10 Keep on layering until you have run out of the meat sauce but make sure that the béchamel is your final layer
- 11 Sprinkle ½ a cup of parmesan on top of the lasagna and bake in the oven for 30 minutes
- 12 Serve with a plain green salad.

Cooks Note
