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*by ewfood*

# 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 access 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

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