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Beef Lasagna with Aged Parmesan Fondue

Ingredients

For Béchamel sauce: Butter - 75g
All-purpose Flour - 75g
Milk - 150 g
Extra Virgin Olive Oil - 20g
Nutmeg powder - 10g
Bay leaves - 5 g
Salt and Pepper to taste
For Beef Bolognese: Chopped white onions - 75g
Chopped celery - 75g
Chopped carrots - 75 g
Garlic fresh - 30 g
Ground black pepper - 30g
Grounded beef meat - 500g
Tomato paste - 30 g
Tomato sauce - 80 g
Thyme and rosemary fresh - to taste
For Dry pasta: Semolina flour - 250g
White flour all purpose - 250g
Egg yolk - 100g
Water - 30g
Olive oil - 30 g
Salt - to taste

Servings
4
Person

Preparation

1. Procedure for Béchamel sauce: In a medium saucepan, melt the butter over a medium-low heat
2. Add the flour and stir until smooth
3. Over medium heat, cook until the mixture turns a light, golden sandy color, about 6 to 7 minutes
4. Meanwhile, heat the milk on a separate pan until just about to boil
5. Add the hot milk to the butter mixture 1 cup at a time, whisking continuously until very smooth
6. Bring to boil. Cook 10 minutes, stirring constantly, then remove from heat
7. Season with salt and nutmeg, and set aside until ready to use
8. Procedure for Beef Bolognese: Start roasting the onions, celery and the carrots with the olive oil slowly to get nice flavor
9. On the other hand, sauté the beef in a very hot pot and keeping the meat juice/sauce on the side
10. When the vegetables are nicely roasted, add the garlic and the meat and let it boil for 15 minutes
11. When the meat start sticking on the pan, add the juice from the meat and let it cook with the tomato paste and the fresh herbs such as thyme and rosemary
12. After 45 minutes of cooking you need to add the tomato sauce to achieve the desired Beef Bolognese sauce
13. Season the meat

14 Procedure for Lasagna sheet: Mix all the ingredients together except the oil as it will be the last ingredient to be added

15 Once the dough is done, let it rest for 3 hours more or less and start making the pasta sheet for the lasagna

16 Keep some salted water boiling, blanch the lasagna sheets and cool them down to a salted ice cold water

17 Procedure for Lasagna: Start putting some butter on the bottom of the tray, then place some pasta sheets

18 Make sure the first sheets are not to be broken as it will be the first part once the lasagna is cooked

19 On top of the sheets, put some béchamel and beef Bolognese sauce, finish with some parmesan cheese grated

20 Lay another set of pasta sheets then then again the sauces and parmesan cheese, continue the process up to 5 layers

21 Preheat the oven at 120 C and let the lasagna cook for about 1 hour at this slow temperature

22 On the side start reducing some cream, after 15 minutes remove it from the fire and start adding the aged Parmesan cheese grated to create the sauce for our lasagna.

Cooks Note

Serves 4; Presentation: Put the Parmesan fondue on the bottom of the dish and put a slice of the lasagna; then add some beef juice to garnish around and serve it immediately