

Lasagne

EQUIPMENT

Mixing Bowls, Scales, Medium Pots x 2, Large Casserole Dish/Skillet, Baking Tra, Whisk, Wooden Spoon, Tablespoons, Rubber Spatula, Mesh Sieve

INGREDIENTS

350gm Veal Mince, 350gm Pork Mince, 2 Small Diced Carrots, 2 Diced Sticks Celery, 1 Diced Brown Onion, 4 Cloves Chopped Garlic, 5gm Dried Oregano, 50gm Tomato Paste, 350gm Chicken Stock, 200gm Red Wine, 400gm Tin Cherry Tomatoes, 250gm Milk, 4 Anchovy Fillets, 20gm Sugar, 30gm Red Wine Vinegar, 30gm Soy Sauce, 250gm Lasagne Sheets, Salt, Vegetable Oil

For the bechamel

400gm Milk, 5 Whole Cloves, 3 Bay Leaves, 40gm Butter, 40gm Plain Flour, 150gm Grated Mozzarella, 70gm Grated Parmesan, 2 Picked Thyme Sprigs, Salt, White Pepper

METHOD

Place a large frypan/skillet or casserole dish over medium high heat, add a splash of vegetable oil then add the veal and pork mince and cook (breaking the mince up as you go) until the meat begins to caramelize and brown.

Once the meat has browned remove it from the pan and set aside, add a little more oil and add the diced onion, celery and carrot and cook for 4-5 minutes until softened. Next add garlic, anchovy and dried oregano and cook for a further 2-3 minutes before returning the browned meat to the pan.

Add the red wine and reduce until almost gone, add tomato paste, tinned tomatoes, stock, vinegar, sugar, soy and finally milk. Bring to a bubbling simmer then turn the heat down and cover and cook for 2-3 hours.

For the bechamel:

Stud the onion with cloves and place into a pot, add the milk and bay leaves to the pot and place over medium heat. In another pan add the butter and place over medium heat to melt.

Once the butter has melted add the flour and stirring constantly and cook the flour and butter mix (roux) for 3-4 minutes.

Once the flour has cooked out strain a little of the mix into the roux and whisk vigorously until smooth, continue adding the milk in stages whisking constantly to ensure a smooth sauce. Season the sauce with ground white pepper and salt and set aside.

Preheat the oven to combi setting 175° (50% Steam) To assemble the lasagne line the base of the tray with a little pork/veal sauce, top the sauce with lasagne sheets and push the sheets down to compact. Repeat the steps layering a thin layer of sauce topping each layer with pasta sheets until you have 5-6 layers. The last layer should be pasta sheets.

Pour over the bechamel and scatter over both cheeses and picked thyme leaves. Place into the oven for 45 minutes until a knife inserted into the middle shows no resistance.

Once baked remove from the oven and leave to stand for 10 minutes before cutting into portions.

HINTS & TIPS

Everyone has their own perfect lasagne recipe, for us lasagne is all about the layers of pasta, the more the better.

To get perfect slices ensure you let the lasagne rest for 10 minutes and given the complexity of a lasagne serve it with something simple like a crisp green salad.