

Lasagne Recipe

(Makes 9 – 12 servings)

Yvonne Godfrey Miomo.com



Meat Sauce Ingredients

- 1kg good quality mince beef
- 700ml bottle of any tomato pasta sauce
- 1 tin crushed tomatoes
- 1 heaped tsp beef stock powder with half cup hot water
- 1 heaped tsp crushed garlic (jar) or 3 garlic cloves crushed
- 1 tsp black pepper

Brown mince then add other sauce ingredients. Let simmer with lid off to reduce a little while preparing Béchamel sauce.

Béchamel Sauce

- 1 litre milk
- 75 grams butter
- Approx 3/4 cup plain flour
- 250 grams grated tasty cheese
- 1 tsp nutmeg
- 1 tsp salt
- Half tsp black pepper

Dish Size: 23 cm x 32 cm

Important:

Lasagne is best made the day before eating to allow it to 'set'.

To be eaten with LOVE and good conversation, around the table with a green salad and garlic bread.

Other Ingredients

- 1 packet Lasagne sheets fresh or dehydrated
- 500 grams grated Mozzarella cheese
- 500 grams grated tasty cheese

Method Béchamel Sauce

1. Melt butter, stir in flour and gently cook for a minute or two. Your butter and flour mixture should not be too buttery but not dry either, should look crumbly.
2. Take off the heat and stir in about 250 ml milk to form a paste with no lumps.
3. Add the nutmeg, salt and pepper, and rest of the milk on a low to medium heat stirring continuously so that it doesn't burn. The sauce will thicken and does not need to come to the boil.

Putting Lasagna together:

You will end up with 3 layers in this sized pan so mentally divide up mince by 3.

1. Start with one third of your mince, which will only just cover the base of your dish.
2. Add a layer of Lasagne and you may need to cut your sheets to fit.
3. Then pour **a bit less** than a third of the Béchamel sauce over the Lasagne
4. Sprinkle a third of the Mozzarella Cheese over sauce.

Do the next two layers the same leaving leave a generous amount of Béchamel sauce for your last layer to create a lovely crust.

Finish with last third of Mozzarella and tasty cheese and bake for about 35 minutes at 180 degrees. Leave Lasagna to cool then refrigerate for 24 hours before reheating to eat. Cover Lasagne with aluminum foil for half of the reheating time to prevent the top burning.