

Beef (or Quorn) Lasagna



Ingredients list

For the Ragu:

- 500g Mince (Beef or Quorn)
- 2 tbsp Olive oil (School can provide)
- 1 onion
- 2 cloves of garlic,
- 1 carton of passata
- 1 tin Tomato puree
- 10g Mixed herbs
- 1 red wine stock cube (optional)

For the Bechamel sauce:

- 50g butter
- 50g plain flour
- 750ml milk
- 50g Parmesan, finely grated
- salt and pepper (school can provide)

For the Lasagne:

- 75g mature cheddar, grated
- Freshly made pasta from last lesson

Equipment list

- Large dish to build lasagne in from home
- Measuring jug
- Saucepan
- Rolling pin
- Knife
- Grater (if required)
- Chopping board
- Sharp knife
- Saucepan
- Plastic spoon

Method:

1. For the ragu, heat a saucepan until hot and add the oil. Cook the mince until browned all over.
2. Add the onion and garlic to the pan and cook until softened.
3. Stir in the Passata, tomato puree, red wine stock cube and mixed herbs.
4. Bring to the boil again, cover and simmer on a low heat.



Method:

5. flour and cook over the heat for one minute. Gradually whisk in the hot milk, whisking until thickened.

Add the Dijon mustard and parmesan cheese and season well with salt and pepper.



Method:

6. Roll out the pasta into a large sheet
7. Cut the pasta to the size of the dish you have bought into school



Method:

7. For the lasagne, put one third of the meat sauce in the base of a 2.3 litre/4 pint shallow ovenproof dish. Spoon one third of the white sauce on top. Season with salt and pepper. Arrange one layer of lasagne sheets on top.
8. Spoon half of the remaining meat sauce on top and then half of the white sauce. Season with salt and pepper. Put another layer of lasagne sheets on top, then the remaining meat sauce and remaining white sauce. Sprinkle over the cheddar.



TAKE HOME:

9. Preheat the oven to 200C/180C Fan/Gas 6.
10. Cook in the middle of the oven for about 45 minutes – or until golden brown on top, bubbling around the edges and the pasta is soft.

