



## LASAGNE ALLA BOLOGNESE

### MISE EN PLACE

- Preheat your oven to 375°F.
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### LASAGNE ALLA BOLOGNESE *(serves 8)*

Recipe by Kathryn Joel

*Fresh Pasta (500 g flour to 5 eggs)*

*2 tbsp extra-virgin olive oil*

*Bolognese Sauce (recipe follows)*

*White Sauce (recipe follows)*

*8oz Parmesan, grated*

*10x20 inch lasagna pan*

- Preheat your oven to 375°F.
- Divide the Pasta dough into 8 pieces and roll it out, finishing on the thinnest setting on your pasta machine
- Cut the noodles into rectangles and lay on a lightly dusted tea towel to dry for around 10 minutes.
- Prepare an ice bath with the olive oil in the ice water, then cook the noodles, in batches, in plenty of well-salted boiling water for a minute or so until tender.
- Transfer the cooked noodles to the ice bath then dry on paper towel.
  - a) Spread a layer of Bolognese sauce over the bottom of the pan;
  - b) Sprinkle with some grated parmesan;
  - c) Cover with a layer of cooked noodles;
  - d) Now add a layer of white sauce, spread over the noodles;
  - e) Repeat with another layer of Bolognese sauce; and
  - f) Keep repeating the layers, finishing with a final layer of white sauce sprinkled with parmesan cheese.

- Bake for 45 minutes, or until browned and bubbling then rest for 10 minutes before serving.

## **Bolognese Sauce**

*¼ cup extra-virgin olive oil*  
*2 medium onions, finely chopped*  
*4 ribs celery, finely chopped*  
*2 carrots, finely chopped*  
*5 cloves garlic, chopped*  
*1lb ground veal or beef*  
*1lb ground pork*  
*4oz pancetta or bacon, ground or finely chopped*  
*6oz can tomato paste*  
*1 cup whole milk*  
*1 cup dry white wine*  
*1 tsp thyme leaves*  
*salt and freshly ground black pepper, to taste*

- Heat the olive oil over a medium heat then sweat the onions, celery and carrots until soft and translucent, about 5-10 minutes, adding the garlic for the final minute or so.
- Add the meats, turning the heat up to high, and brown, stirring frequently.
- Add the tomato paste, milk, wine and thyme and bring to the boil then reduce to a simmer.
- Simmer for 1 to 1½ hours, seasoning to taste as it cooks.

## **White Sauce (Besciamella)**

*5tbsp unsalted butter*  
*¼ cup all-purpose flour*  
*3 cups whole milk, heated to just below the boiling point.*  
*2tsp salt*  
*1/2 tsp freshly grated nutmeg*

- In a medium pan, melt the butter over a medium heat.
- Using a wooden spoon, stir in the flour then cook for 5 minutes or so until you have a smooth, golden roux.
- Gradually whisk in the hot milk, adding about 1 cup at a time and whisking until smooth after each addition.

- Bring to the boil then cook, stirring, for about 10 minutes until thickened, then remove from the heat.
- Season to taste with salt and nutmeg.

### **EQUIPMENT**

10x20 inch lasagna pan

Pasta machine (recommended)

Large pot (dutch oven) for ragu

Pot for white sauce

Pot for heating milk

Sieve

Bowls

Digital weighing scale

Measuring cups and spoons

Box grater, for parmesan