**Pastichio Recipe**

**Pasta & Meat Filling**

1 lb. ground beef or bison

1 lb. pastichio pasta, bucatini or penne

1 tsp. butter or olive oil to grease casserole dish

½ c. grated kefalotyri Greek cheese, or kasseri Greek cheese or mixture of parmesan, romano, asiago cheese

1 large onion, finely chopped

1 Tbsp. Extra Virgin Olive Oil

8 oz. tomato sauce

1 oz. red wine

3 Tbsp. tomato paste

Salt, pepper and Ceylon cinnamon to taste

3 gloves garlic (finely chopped)

Boil pasta according to package directions (al dente) & drain. Brush casserole dish with butter and place pasta in casserole dish. Sprinkle w/1/4 c. of the grated cheese.

Add olive oil to heated pan, then add onions – cook until translucent. Add meat to pan and brown. Add chopped garlic and the remainder of ingredients to pan, simmer until most of the liquid is absorbed. When cooked, layer on top of pasta and sprinkle with ¼ c. cheese.

**Bechamel Sauce**

1.5 quarts milk (full fat cow/goat) (alternative use unsweetened original oat milk)

2 Tbsps. Butter

¼ c. Farina

Pinch of salt

1 Tbsp. Sugar

9 slightly beaten eggs of 1 carton egg substitute

½ c. grated kefalotyri Greek cheese, or kasseri Greek cheese or mixture of parmesan, romano, asiago cheese

Dash of white pepper

Dash of nutmeg

Scald the milk, add butter, farina, salt and cook until thickened.

Add sugar and eggs, stirring constantly until thick and smooth.

Add remainder of the cheese, dash of white pepper and dash of nutmeg.

Take end of a butter knife and pierce macaroni to allow sauce to seep through. Ladle sauce until pasta is covered.

Bake in a 350 Degree pre-heated oven for 50-60 minutes or until top is golden brown.

Let cool for about 30 minutes, cut, plate and serve.

This dish freezes well and can be warmed up in the microwave.