



MENU

BOLOGNESE LASAGNA!

TWO FAVORITES TOGETHER AND IT THE PERFECT MARRIAGE!

THE SAUCE

This meat sauce is the base; it's the foundation and vehicle to deliver the most delicious noodle concoction of perfection...ever.

Let's start, shall we?

SAUCE INGREDIENTS

1 large yellow onion, diced (watch my diced video)

3 carrots, peeled and diced (refer to diced video)

3 celery stalks, peeled and diced (you get the picture)

1lb of ground pork (store purchase or home grind; video attached)

1lb ground beef (home grind if possible, otherwise 80/20 blend!)

One 28oz can of San Marzano canned tomatoes (Amazon has the best)

1tbs of salt and pepper (we will add more as we cook)

1 sprig of fresh thyme, 1 sprig of rosemary—wrap them in cooking twine

1 tsp of red pepper flakes

1tbs of honey



1 tsp celery seed

5 cloves of garlic, minced

1tsp Worcestershire

Now let's make some awesome ragu!

DIRECTIONS

Begin with browning your meat mixtures, making sure to season with salt and pepper. Drain and set aside.

In a large skillet over medium high heat put two tablespoons of oil (Olive or canola) and begin sauteing carrots, onions and celery; after about eight minutes when the veggies are soft, add the garlic and let it cook about two minutes more, then add 1 cup of good white wine and deglaze your pan. Allow this to almost completely evaporate and add the cooked ground meat back to the skillet. Add one cup of whole milk and allow to simmer until evaporated. Next you will add your canned tomatoes and the juice, red pepper flakes, celery seed, Worcestershire sauce, salt & pepper and the rosemary and thyme bundle. Turn the heat down to medium low and let it simmer for about an hour, covered. When you are finished make sure to remove the rosemary and thyme bundle.

BECHAMEL (CHEESE SAUCE)

2 cups whole milk

4tbs butter

4tbs AP flour



Pinch of salt

1/4 tsp nutmeg

1/4 cup grated parmesan cheese

In a medium saucepan, melt the butter over low heat. Now add the flour, and mix quickly with a whisk. Stir until the mixture is smooth and without lumps.

Cook for 30 sec/1 min so the flour becomes tastier and absorbs the butter fats. The mixture of butter and flour is called a roux and it should be a nice golden color. Now set aside and let it cool for 5 minutes.

Meanwhile heat the milk, without bringing to a boil. Pour the milk slowly over the roux, while stirring vigorously with a whisk to prevent the formation of lumps.

When the milk is completely poured over the roux sauce, put the saucepan back on low heat. Keep mixing constantly, until you have a fairly thick consistency (about 10-15 minutes). The sauce is ready when it sticks to the back of a wooden spoon. Add the salt, nutmeg and parmesan cheese stirring until combined.

LASAGNA ASSEMBLY!

1 box of lasagna noodles cooked to box directions MINUS 2 minutes. The noodles will continue to cook during baking and this will give you some al-dente texture when served!

Layer about ¾ cup of sauce in the bottom of a 9X12 pan and lay noodles to cover the bottom. Repeat with another layer of sauce and layer of noodles. Chop several basil leaves and sprinkle atop following with bechamel sauce, spreading evenly. Repeat sauce and

noodle layer until pan is full. Top it with shredded mozzarella and bake at 375 for about 40 minutes or until the top begins to brown evenly.

