



LASAGNE AL RAGU (popular Carnival food in Italy)

Ragu:

Ingredients:

- 1 tablespoon vegetable oil
- 3 tablespoons of butter
- 1/2 cup chopped onion
- 2/3 cup chopped celery
- 2/3 cup chopped carrot
- 3/4-pound ground beef chuck
- Salt
- Black pepper
- 1 cup of whole milk
- 1 cup dry white wine
- Medium pinch of nutmeg
- 1 1/2 cups canned Italian plum tomatoes in their juice
- 1 1/4 to 1 1/2 pounds of pasta
- Parmigiano Reggiano grated at table

Directions:

1. Cook oil, butter and chopped onion in a pot (cook until onion is translucent)
2. Add chopped celery and carrot stir together.
3. Add ground beef with a large pinch of salt and pepper (cook until the beef is no longer pink)
4. Add milk until it soaks in
5. Add nutmeg stir.
6. Add wine until it has evaporated.
7. Add tomatoes.
8. Cook on low for 3 hrs. Stir every now and then.

Bechamel:

- 3 cups of whole milk
- 6 tablespoons of unsalted butter
- 1/4 teaspoon of salt

In a small saucepan, heat milk until just under a boil. Set aside. In a medium saucepan, melt the butter over low heat. When melted, add flour while whisking the mixture until it bubbles.

Assemble

In the bottom of the baking dish, ladle a bit of the ragù to cover. Place a single layer of cooked sheets, trying not to overlap or have extra on the edges. Spread more ragù over pasta, then add a layer of béchamel. Sprinkle with parmesan cheese before adding more layers in the same order, leaving 1/2" space at the top. You want to finish with a béchamel layer, then cheese, dotted with butter for browning.

Preheat the oven to 450°. Bake in the uppermost rack of the oven for 10 to 15 minutes or until bubbly and a crust is beginning to form. If after 10 minutes no crust is forming, the temperature to 500°. Let lasagna settle for 10 minutes before serving. Serves 6.