

Lasagne



Ingredients for Meat Sauce:

400g Canned Chopped Tomatoes
250g Minced Beef, Lamb, Chicken, Turkey or Quorn
4 - 6 Lasagne Sheets
1 Onion
1 Clove of Garlic
1 Carrot
1 Celery Stick (Optional)
1 Tablespoon of Oil (Only if using Chicken / Turkey / Quorn)
1 Tablespoon Tomato Purée
1 Teaspoon Mixed Herbs
Additional Vegetables: Peppers, Mushrooms, Courgettes (Optional)
Black Pepper
Salt

Please bring an ovenproof dish to make your lasagne in and a piece of tin foil to cover your dish at the end of the lesson.

Ingredients for Béchamel Sauce: All-in-One Method:

300ml Semi-Skimmed Milk
100g Cheddar Cheese
30g Butter
30g Plain Flour
½ Teaspoon Mustard Powder (Optional)
Salt
Pepper

Method:

1. Preheat the oven at 190°C / Gas Mark 5
2. Weigh and measure out all ingredients accurately.
3. Finely chop the onions and any other vegetables.
4. Fry the mincemeat, garlic and any hard vegetables (e.g. carrots, onions, celery) until the meat has changed colour (red to brown). Only use oil if frying mince chicken / turkey or Quorn.
5. Add any other vegetables to the saucepan and cook for about 5 - 10 minutes until the vegetables start to go soft.
6. Stir in the tinned tomatoes, tomato purée, mixed herbs, salt and pepper. Reduce the heat and simmer for 8 - 10 minutes. If the mixture is too watery, add 1 tablespoon of plain flour and stir in thoroughly.
7. Meanwhile for the béchamel sauce, you are going to use the all-in-one method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
8. Place a small saucepan at the front of the hob, DO NOT turn it on.
9. Place the butter, flour, optional mustard powder and milk the saucepan; heat on a medium heat stirring constantly with a white plastic spoon or balloon whisk.
10. Bring to the boil, the sauce will thicken (it should coat the back of the white plastic spoon and be smooth and glossy in appearance).
11. Remove the saucepan from the heat and place it on a pan stand. Using a white plastic stirring spoon, stir in ¾ of the grated cheese. Season with salt and pepper.
12. In an ovenproof dish, start with a layer of meat sauce, then lasagne sheets then white cheese sauce. Repeat these layers until all the ingredients are used up, finishing with a topping of sauce.
13. Sprinkle the remaining cheese on top.
14. Bake in the oven for approximately 20 - 30 minutes or until the dish is piping hot all the way through. Use a food probe to check the core temperature reaches 75°C.