

Lasagne with Homemade Pasta Sheets

Ingredients for Meat Sauce:

400g Canned Chopped Tomatoes
250g Minced Beef, Lamb, Chicken, Turkey or Quorn
4 - 6 Sheets of Homemade Lasagne
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

Ingredients for Pasta Sheets:

100g '00 Pasta Flour' or Strong Plain Flour
1 Egg
Pinch Salt

Ingredients for Béchamel Sauce: Roux Method:

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

Method:

1. Preheat the oven at 190°C / Gas Mark 5
2. Weigh and measure out all ingredients accurately.
3. To make your own pasta in the food processor:
 - ◆ Place the flour and salt into the food processor.
 - ◆ Crack the egg into a small bowl.
 - ◆ Add the egg to the food processor and any additional ingredients to add colour.
 - ◆ Pulse the machine until the mixture begins to look like breadcrumbs.
 - ◆ Process it until the mixture forms a soft ball of dough. Add a little more flour if it is too sticky or a little more egg if too dry.
 - ◆ Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
4. Finely chop the onions and any other vegetables.
5. Fry the mince meat, 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.
6. Add any other vegetables to the saucepan and cook for about 5 - 10 minutes until the vegetables start to go soft.
7. 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.
8. Remove the pasta from the fridge and using the pasta machine to make sheets of pasta. Start on the thickest setting and work down to make the pasta sheets thin, sprinkle with flour to prevent the pasta dough from sticking. Using a sharp knife, cut the pasta sheets to fit the dish and allow to dry on the work surface.
9. Meanwhile for the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
10. Place a small saucepan at the front of the hob, DO NOT turn it on.
11. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and mustard powder and continue heating it for 30 seconds, stirring it all the time.
12. Remove the saucepan from the heat and place it on a pan stand.
13. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
14. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
15. Remove the saucepan from the heat and place it on a pan stand. Add ¾ of the grated cheese. Stir until the cheese has melted. Season.
16. In an ovenproof dish, start with a layer of meat sauce, then lasagne sheets then white sauce. Repeat these layers until all the ingredients are used up, finishing with a topping of sauce.
17. Sprinkle the remaining cheese on top.
18. 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.



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.