

Lasagne

Ingredients for Meat Sauce:

400g Canned Chopped Tomatoes
250g Minced Beef, Lamb, Chicken, Turkey or Quorn
4 - 6 Sheets of 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 Puree
1 Teaspoon Mixed Herbs
Additional Vegetables: Peppers, Mushrooms, Courgettes (Optional)
Black Pepper: School to Provide
Salt: School to Provide

Ingredients for All-in-one White Sauce:

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

Method: Homework

1. Weigh and measure out all ingredients accurately.
2. Finely chop all the vegetables.
3. Peel and crush the garlic.

Method:

1. Place the mincemeat, garlic and any hard vegetables (e.g. carrots, onions, celery) into a large saucepan at the front of the hob. Fry until the meat has changed colour (red to brown or pink to white) this will take approximately 5 minutes. Only use oil if frying mince chicken / turkey or Quorn.
2. Add any other vegetables to the saucepan and cook for about 5 - 10 minutes until the vegetables start to go soft.
3. 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.
4. Meanwhile for the all-in-one white sauce, grate the cheese onto a plate.
5. Place a small saucepan at the front of the hob, DO NOT turn it on.
6. Place the butter, flour and milk into the saucepan; turn on the heat so it is on a low temperature. Use a balloon whisk to continually stir the mixture. Bring the sauce to a simmer, whisking it all the time until it has thickened.
7. Once the sauce has thickened, remove the saucepan from the heat and place it on a pan stand.
8. Use a white plastic spoon to stir in the grated cheese. You may want to save a little for sprinkling on the product before it goes in the oven.
9. 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
10. Sprinkle the remaining cheese on top.

At home: Preheat the oven at 190°C / Gas Mark 5. Bake in the oven for approximately 30 - 45 minutes or until the dish is piping hot all the way through. You may want to cover the dish for the initial 20 minutes with tin foil to prevent the cheese sauce from burning. Use a food probe to check the core temperature reaches 75°C.



You need to cut all the vegetable at home into even size pieces.

Please bring an ovenproof dish and a piece of tin foil to cover and take your lasagne home in.