



Homemade Lasagna

Bolognese Sauce

- (A) 100g Onion Diced
- (A) garlic
- (B) 1 nos Carrot Dies
- (B) 1 Stalk Celery
- (C) 400g Chicken or beef (minced)
- (D) 2tbsp Tomato Paste
- (D) 300gm Tomato Puree
- (D) 300gm Water / Chicken Stock
- (D) 1tsp Oregano
- (D) 2no Bay Leaf
- (D) a pinch thyme
- (E) Salt & Pepper to taste

Method

1. Saute (A) till fragrant then add in (B)
2. Next add in (c) and (D). Simmer for 15 minutes for the full flavour to come out then add in the herbs and seasoning.



Homemade Lasagna



Béchamel Sauce

2 cup Milk

6tbsp butter

2tbsp Plain flour

1tsp Salt

1tsp Black Pepper

1tsp Chicken Stock Concentrate

Method

1. Put butter into sauce pot and slowly melt over lower heat. When the butter is melted, whisk in flour to avoid lumps and cook this roux until brown.
2. Using wire whisk, slowly pour in mix, a little at a time, when the milk is added, add in seasoning and chicken stock, allow to cook under low heat until slightly thicken

To assemble:

4-6 sheets Dry lasagna sheet

Homemade Bolognese Sauce

Shredded Mozzarella & Parmesan Cheese

Bechamel Sauce

Method

1. Pre-heat the Oven 180° C
2. On a baking pan, spread some béchamel on the bottom, top with a layer of lasagne sheet
3. Spread thin layer of Bolognese sauce on top of lasagne sheet, top with a layer of béchamel sauce
4. Repeat this layering process until all of the ingredients have been used.
5. The final layer should be top with béchamel sauce with cheese sprinkled on, when the dish is completely filled, bake in the oven 45 minutes until the tops turns brown and crispy.

FOTILE