Lasagna de ma Maman

Level: Easy to Intermediate
Cooking Time around 2 hours
For 6 persons

For this recipe we are going to follow
4 easy steps:
1. Make the meat tomato sauce
2. Make the Béchamel sauce
3. Pre-cook the Pasta
4. Put together the Lasagna

Ingredients

1. For the meat tomato sauce
   - ½ pound ground beef
   - ½ pound sweet Italian sausage
   - 1 cup dry red wine
   - 28 oz. whole peeled tomatoes can
   - 1 tbsp. tomato paste
   - 2 tbsp. olive oil
   - 2 garlic gloves
   - 1 teaspoon sugar
   - 1 bay leaf
   - 1 branch of thyme
   - Salt and pepper
2. For the Béchamel sauce
   - 6 tbsp. plain flour
   - 2 oz. butter or Olive oil
   - ½ pint milk
   - Salt and pepper
3. To Precook the Pasta sheets
   - 1 box Barilla oven-ready Lasagne
   - Olive oil
4. To put together the Lasagna
   - Some butter or Olive oil
   - 2 oz. grated Parmesan cheese

A Taste of Provence and Italy and as my son says: “Bon appétit, Merci!”
**Materials**

- Cutting board;
- Dutch oven or large heavy pot;
- Medium sauce pan
- Large pot to boil the pasta.
- Tea towel to lay and dry the pasta
- Rectangular ovenproof dish 9-13 inches long
- And of course knives to cut and chop

**Let’s do it**

Before we start to cook, let’s:

- Mince the garlic
- Take the Italian sausage meat out of its casing and cut it into 2 inches pieces;
- Dice whole peeled tomatoes into ½-inch cubes

Begin by making the meat tomato sauce

- Heat the oil in the Dutch oven over medium heat;
- Once the oil is very hot, sauté the beef and the cut Italian sausage until the meat loss its redness;
- Add the minced garlic and cook for 2 more minutes;
- Add and stir the tomato paste, cook for 2 more minutes;
- Add the chopped diced tomatoes, the wine and bring to boil;
- Add the bay leaf, the branch of thyme and the sugar;
- Season with salt and pepper to taste;
- Lower the heat to very low and simmer for 45 minutes, stirring the sauce once in a while.
Béchamel sauce

While the meat sauce is cooking and before we start the béchamel sauce set a large pan of salted water and 1 tbsp. olive oil to boil.

- Warm the milk in a small pan and remove the pan from the heat just before boiling and set aside;
- Melt the butter into the medium sauce pan over medium heat;
- Stir in the flour for 1 to 2 minutes until you obtain a paste, it’s called a roux;
- Gradually add the milk from the small pan and continue stirring constantly;
- Then cook the sauce 5 to 10 minutes, still stirring constantly until you arrive to a nice creamy texture
- Remove the pan from the heat, season with salt and pepper and set aside.

*Note: You can substitute the butter with olive oil*

Precook the Pasta sheets

- Add the pasta sheet into to the boiling water a few at a time and cook them for 5 minutes
  *Note: you don’t want to cook the pasta completely, just enough so they are soft.*
- Remove the pasta from the pan, be careful not to break them
- Rinse them under cold water to stop the cooking;
- Spread them on a tea towel to dry them
**Last step put together the Lasagna**

- Grease the rectangular ovenproof dish with some butter or olive oil;
- Layer the dish with 3 pasta sheets;
- Spoon a little of the meat tomatoes sauce;
- Then spoon a little of the béchamel sauce;
- Sprinkle some of the parmesan cheese on top;

Note: you can substitute the parmesan cheese with other Italian cheeses such as Romano, Pecorino or a blend of all 3 cheeses

- Repeat this process until you reach the top of the dish, ending with the meat tomatoes sauce covered with cheese
- Bake in a preheated oven at 375°F for 30 to 40 minutes until it is cheese is golden brown.
- Serve and enjoy, you can have a nice green lettuce salad on the side.

**Wine Pairing: What can we drink with it?**

*I will suggest a medium body wine*

- Barbera d’alba (Italy, Piedmont)
- Chianti (Italy, Tuscany)
- Merlot (California)
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#### Grocery List / La liste des courses

- 1 box Barilla Oven-ready Pasta
- 2 oz. grated Parmesan cheese or other grated Italian cheese
- ½ pound ground beef
- ½ pound Sweet Italian Sausage or ground pork
- 1 bottle of Red Wine (for cooking)
- 28 oz. can whole peeled tomatoes
- 6 oz. can Tomato Paste
- 1 head of Garlic
- Olive oil
- Thyme
- Bay leaves
- Milk
- Flour
- Butter
- Salt
- Pepper
- Sugar

#### Wine suggestions:

- A Barbera d’Alba Italy, Piedmont ($)
- A Chianti Italy, Tuscany ($$)
- A Merlot, California ($$)

#### Your notes / Vos notes

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