

LASAGNA BOLOGNESE

Even with a few clever shortcuts, lasagna is a labour of love – but so worth the effort. So, take your time, pour a glass of wine and enjoy the process as you make this beloved dish to share with family and friends.



PREP TIME: 25 MIN

COOK TIME: 2 HOURS

TOTAL TIME: 2 HOURS AND 25 MIN

YIELD: 9 TO 12 SERVINGS

INGREDIENTS:

BOLOGNESE SAUCE:

- 1 each large onion, celery stalk and carrot, roughly chopped
- 3 cloves garlic
- 2 tbsp olive oil
- 1 lb lean ground beef
- 1 lb mild or hot Italian sausage (about 3 to 4 fresh sausages, casings removed)
- 1/4 cup tomato paste
- 1 can (796 mL) San Marzano-style or whole plum tomatoes
- 1 cup chicken broth
- 1/2 cup whole milk
- 1/2 tsp salt and pepper (or to taste)

BÉCHAMEL SAUCE:

- 1/4 cup butter
- 1 clove garlic, grated
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 3/4 tsp salt and pepper (or to taste)
- Freshly ground nutmeg (optional)

ASSEMBLY:

- 24 flat egg lasagna noodles (approx. 500 g)
- 3 cups fresh, finely grated Parmesan cheese* (about 250 g)

* Use the fine side of a box grater to grate the Parmesan.

PAIR WITH:
LE22 AGLIANICO BARBERA



METHOD:

Bolognese Sauce: Pulse onion, celery, carrot and garlic in a food processor until finely chopped.

Heat oil in a Dutch oven set over medium heat; add vegetables and cook for 5 to 7 minutes until softened. Crumble in beef and sausage and cook until browned. Add tomato paste and cook for 2 minutes.

Pulse tomatoes until finely chopped but not puréed. Add tomatoes and broth to meat. Simmer for 15 minutes. Stir in 1/2 cup milk; simmer for 15 additional minutes. Season with salt and pepper; adjust to taste.

Béchamel Sauce: Melt butter with garlic in a heavy saucepan set over medium heat. Add flour and cook for 1 minute. Gradually whisk in 3 cups milk; cook, stirring, for 8 to 10 minutes or until sauce comes to a gentle boil and thickens. Season with salt, pepper and nutmeg (if using); adjust to taste.

Preheat oven to 375°F.

Assembly: Grease a deep, 9 x 13-inch lasagna pan. Spread 1 cup Bolognese sauce over bottom of pan. Add a layer of 4 noodles to cover the sauce, top with 1 cup Bolognese. Add another layer of noodles, 1 cup Bolognese and 3/4 cup béchamel sauce. Sprinkle with 1 cup Parmesan. Repeat sequence of layers twice (noodles, Bolognese, noodles, Bolognese, béchamel, Parmesan) to make 6 layers of noodles in total. Be sure to use up the last of the sauces on the last layer for even coverage. Tent with greased foil; set dish on a baking sheet (to catch any over-bubbling).

Bake for 1 hour and 15 minutes, uncover during the last 30 minutes. Let lasagna stand for 20 to 30 minutes before slicing.

TIPS:

Flat egg lasagna noodles are thin sheets, about 3 x 7-inches. While they do not need pre boiling, they are different from thicker, North American-style “no cook” noodles. If you can’t find them in your supermarket, replace with fresh lasagna sheets (about 720 g), trimming to fit.

For the best noodle texture, bake lasagna right after assembling. To make ahead, cool baked lasagna to room temperature and reserve in the refrigerator for up to 2 days. Rewarm in a 350°F oven for 35 to 45 minutes or until a knife inserted into the centre is hot to the touch.