

# Lasagne al Forno

## Lasagne

A very popular, classic Italian pasta dish, historically recorded as early as the 13th century, some writings suggest even earlier, and now one of the world's favourite pasta dishes. In essence, lasagne (plural) are sheets of pasta squares, fresh or dried, that are boiled, then drained, layered with various sauces, to make up the dish which their name has become synonymous. Originally, the term lasagne was used by the Romans to mean cooking pot. Predominantly a northern Italian speciality, but found all over Italy, it is also possible to use other ingredients most effectively, notably vegetables and seafood, sometimes sweet, with fruit, nuts and seeds.

### *Ingredienti*

#### Ingredients

quantity ragù (meat sauce, recipe p.48)  
250g dried lasagne sheets  
1/2 cup of parmesan cheese, *grated*  
50g flour  
50g butter  
extra butter  
600ml milk  
pinch of nutmeg, *grated*  
100g mozzarella cheese, sliced or fontina cheese,  
*chopped*  
salt and freshly ground pepper  
oven baking dish, 20cm by 30cm

### *Come si Prepara*

#### Method of Preparation

1. Firstly, prepare the meat sauce and set aside.
2. Cook lasagne sheets in salted boiling water as packet directed until just tender, it needs to retain some bite. Drain carefully, then place immediately into a bowl of cold water.
3. Spread the sheets out in a single layer on a clean

tea towel, turning them over once to blot dry each side, then cover with a slightly damp cloth until required.

4. **Let's prepare the bechamel:** In a small saucepan, melt the butter over low heat. Add the flour and nutmeg and continue cooking 1-2 minutes, stirring.
5. Gradually beat in the milk and simmer, until have a smooth consistency and a smooth glossy sauce, stirring.
6. Add the seasoning (salt and pepper) and simmer gently for 5 minutes.
7. Butter a baking dish. Spread with a layer of meat sauce. Arrange a layer of pasta, cut to size, on top, followed by a layer of bechamel. Sprinkle with combined cheeses, then the parmesan cheese.
8. Repeat process, pasta, meat, bechamel and cheese, ending with a layer of bechamel. There should be 4-5 layers.
9. Sprinkle with parmesan, dot with butter.
10. Bake for 35-40 minutes at 200° C until golden. Remove from the oven and allow to stand 5-10 minutes before serving.