

# Sharon Glass

## COOKING SCHOOL



### **MEAT LASAGNE**

**250g lasagne sheets**

**½ large onion, finely chopped**

**5ml minced garlic**

**30ml olive oil**

**400g minced beef**

**2 x 410g tins whole peeled Italian tomatoes, chopped**

**1 small tin tomato paste**

**2 bay leaves**

**10ml dry oregano**

**10-15ml sugar**

**10ml Worcester sauce**

**coarse salt and black pepper**

Sauté the onion and garlic in the olive oil for a few minutes on medium-high heat until the onion is softened. Add the mincemeat and cook in batches until most of it is cooked and the water has evaporated. Add the tomatoes, tomato paste, bay leaves, oregano and simmer for about 45 minutes, stirring occasionally.

Season to taste with salt, pepper and sugar and Worcester sauce.

### **BECHAMEL SAUCE (WHITE SAUCE)**

**45g butter**

**30ml flour**

**500ml milk**

**2.5ml ground nutmeg**

**coarse salt and black pepper**

Melt the butter in a pot. Then add the flour and whisk for a few minutes. Slowly add the milk allowing the sauce to thicken. Sprinkle with nutmeg. Season with salt and pepper.

### **grated cheddar and parmesan for sprinkling on top**

TO ASSEMBLE:

Spread half the meat sauce on the bottom of a dish sprayed with non-stick spray.

Place a few sheets of lasagna. Pour half the béchamel sauce

Place a few sheets of lasagna. Pour over remaining meat sauce.

Place a few sheets of lasagna. Pour over remaining béchamel sauce.

Sprinkle with cheddar and parmesan cheese.

Preheat oven to 180 °C. Bake in the middle of the oven for about 45 minutes or until bubbling and golden. Prick with a fork to test if the lasagna sheets are soft. Cover with foil if the lasagne is getting too brown.

**Serves 4**