



COMMUNITY KITCHEN



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**WELCOMING
WEEK
SEPTEMBER
12-21**

LASAGNE AL FORNO ITALIAN BEEF LASAGNA

Ingredients: 15

1 Box Lasagana (pre-cooked or fresh)

Meat Sauce:

1 lb ground beef

1 chopped onion

1/2 cup chopped carrots and celery

1/2 cup wine, red or white

2 to 3 lb canned or fresh tomatoes

salt, pepper

White Sauce

4 T butter

8 T flour

2 1/2 cups milk

salt, pepper, nutmeg

1 lb mozzarella cheese grated

1-2 cups parmesan cheese grated

breadcrumbs

butter

FUN FACTS ABOUT LASAGNE AL FORNO

The word lasagna first meant the cooking pot, not the pasta.

Al forno means “baked in the oven,” the classic way to prepare it.

The traditional meat sauce is ragù alla bolognese, dating back to the 1700s.

Authentic versions use fresh pasta sheets, sometimes spinach-tinted green.

Parmesan is the traditional cheese, though mozzarella is common today.

The earliest lasagna recipe dates back to 14th-century Italy.

Regional twists abound, from seafood in Naples to ricotta-rich versions in the south.

Directions

Meat Sauce

1. Sauté onion, carrots, and celery together until softened.
2. Add meat and cook until browned.
3. Stir in wine and simmer over low heat for 15 minutes.
4. Add tomatoes (roughly chopped if fresh) and cook until they are practically dissolved.

White Sauce (Béchamel)

5. Melt butter in a saucepan, then add flour. Stir constantly over low heat until smooth.
6. Slowly add milk, stirring well to avoid lumps. (If mixture becomes too lumpy, place in oven briefly to smooth out.)

Assembly

7. Grease a large rectangular baking pan (sides and bottom) with olive oil.
8. Spread a thin layer of sauce on the bottom, then add a layer of lasagna sheets. Alternate layers of red (meat sauce) and white (béchamel) sauce with pasta.
9. Sprinkle mozzarella or Parmesan over each sauce layer. Finish with a topping of Parmesan and breadcrumbs, then dot with butter.

Baking

10. Preheat oven to 375°F. Bake for 1 hour, until golden and bubbling.

