

Recipes

from Italy with ❤️

Lasagne al ragù

Ingredients for the Bolognese ragù:

- 300 grams of mixed minced meat (beef and pork)
- 1 medium onion, finely chopped
- 2 cloves of garlic, minced
- 2 medium carrots, finely chopped
- 2 celery stalks, finely chopped
- 400 grams of peeled tomatoes
- 250 ml of dry red wine
- 250 ml of beef broth
- 2 tablespoons of tomato paste
- 2 bay leaves
- Extra virgin olive oil
- Salt and black pepper, to taste

Ingredients for the béchamel sauce:

- 50 grams of butter
- 50 grams of flour
- 500 ml of milk
- Salt and nutmeg, to taste

Ingredients for the lasagne:

- 250 grams of egg pasta for lasagne
- 200 grams of grated Parmigiano Reggiano
- 200 grams of mozzarella, sliced

Preparation

- 1** Start by preparing the Bolognese sauce. In a large pot, heat some extra virgin olive oil and add the chopped onion, garlic, carrots, and celery. Sauté over medium heat until the vegetables are soft and lightly golden.
- 2** Add the minced meat to the pot and brown it until it's golden, breaking up any clumps with a wooden spoon.
- 3** Pour the red wine into the pot and let it evaporate completely. Then add the peeled tomatoes, tomato paste, beef broth, and bay leaves. Stir well and bring everything to a boil.
- 4** Reduce the heat to low, cover the pot, and let the sauce simmer for at least 2-3 hours, stirring occasionally. Adjust the seasoning with salt and black pepper to your taste.
- 5** Meanwhile, prepare the béchamel sauce. In a separate pan, melt the butter over medium heat. Add the flour and mix well to form a roux. Gradually pour the milk into the pan, stirring constantly until you achieve a smooth and thick consistency. Season with salt and nutmeg to your taste.
- 6** Prepare the lasagne. Bring a pot of salted water to a boil and cook the lasagne sheets according to the instructions on the package. Once cooked, drain them and rinse under cold water to stop the cooking process.
- 7** Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit).
- 8** Start assembling the lasagne. In a baking dish, spread a layer of Bolognese sauce, followed by a layer of lasagne sheets. Spread a layer of béchamel sauce over the lasagne sheets, followed by a sprinkle of grated Parmigiano Reggiano. Repeat the layers until all the ingredients are used, finishing with a layer of béchamel sauce and grated Parmigiano Reggiano on top.



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Preparation

- 9 Place slices of mozzarella on the final layer of béchamel sauce.
- 10 Bake the lasagne in the preheated oven for about 30-40 minutes, or until the top is golden and bubbling.
- 11 Remove from the oven and let it rest for a few minutes before serving.

