



# Lasagne

Year 9

Meat Sauce, Cheese Sauce and  
How to assemble.

# Lasagne Sauce:

## Ingredients:

- 250g Minced Beef
- 1 onion, finely chopped
- 4 small mushrooms or 1 green pepper
- 400g Chopped Tomatoes
- 1 clove of garlic
- 1 stock cube
- 1 tsp mixed herbs
- 1 tbsp Tomato Puree

## Equipment:

- Saucepan
- Chopping Board
- Sharp Knife
- Plate

## Method:

1. Finely chop the onion, pepper or mushrooms, and the garlic.
2. Put the mince and vegetables in a pan and cook gently for 5 minutes
3. Mix the chopped tomatoes, stock cube, herbs and puree
4. Bring to the boil and leave to simmer for 10 minutes
5. Place in a container, label and place in the freezer



# Cheese Sauce:



## Ingredients:

- 25g Butter/Margarine
- 2 tbsp Flour
- 400ml Milk
- 75g Cheese
- Salt/Pepper
- $\frac{1}{2}$  tsp Mustard Powder

## Equipment:

- Saucepan
- Wooden Spoon
- Grater
- Teaspoon

## Method:

1. Put the flour, milk and margarine in a saucepan
2. Slowly heat, stirring all the time with a wooden spoon until it thickens.  
**Do not allow lumps to form.**
3. Remove pan from heat and add  $\frac{3}{4}$  of cheese, stir until melted and smooth
4. Season with salt, pepper and mustard powder

# Assembly of Lasagne:

- You need a foil container and you need to layer the lasagne in the following way:
  - $\frac{1}{2}$  Lasagne sauce
  - Layer of Pasta
  - $\frac{1}{2}$  Cheese Sauce
  - Remaining  $\frac{1}{2}$  of Lasagne Sauce
  - Layer of Pasta
  - Remaining  $\frac{1}{2}$  Cheese Sauce
  - Sprinkle over remaining  $\frac{1}{4}$  of Cheese
- Bake in oven: Gas Mark 5/180°C for 25 minutes until golden brown and piping hot.

