



# Beef Lasagne



**Servings:** 4  
**Total Time:** 2 hrs 40 mins  
**Cooking Time:** 2 hrs  
**Resting Time:** 30 mins (to relax)  
**Pre-heat Oven to 180°C**



## INGREDIENTS

*Bolognaise Sauce\**

*(using 500g lean beef mince)*

For the White Sauce

100g butter

75g self-raising or cake flour

900ml milk

salt, pepper & ground nutmeg, to taste



250g dried, Fresh Pasta\* or

*Carb-Free Pasta\* lasagne sheets*

50g Parmesan cheese, finely grated

75g Cheddar cheese, finely grated

## HOW TO MAKE FRESH PASTA

500g Tipo '00' pasta flour or cake flour

¼ tsp salt

3 eggs

1 Tbsp milk

1 tsp extra virgin olive oil

Combine flour & salt on a clean surface & make a well in the centre. Whisk the eggs, milk & olive in a bowl; gradually pour it into the well while mixing with a fork or fingertips to form ball of dough. Place the dough on lightly floured surface & flatten slightly. Knead the dough by folding it in half towards you & then pressing it away from you with the heels of your hands. Give it a quarter turn & continue folding, pushing & turning. Continue kneading for 5 mins or until smooth & elastic, adding more flour to prevent sticking. Wrap dough in plastic wrap & stand for 15 mins. Unwrap & knead briefly on lightly floured surface. Roll it with a floured rolling pin & pass it several times through a pasta machine to the desired thickness & cut as required.

## METHOD

Prepare the *Bolognaise Sauce\** (refer to the *Tagliatelle Bolognaise\** recipe).



### For the White Sauce

On a medium-high heat, melt the butter in a large saucepan and whisk in the flour.

Cook for 1 min.

Gradually stir in the milk, whisking continually while bringing to a gentle simmer until the mixture is smooth and has thickened. Season to taste with salt, pepper & nutmeg.

Cover until ready to assemble the lasagne.

### Lasagne Assembly

In a greased oblong (20cm x 30cm) oven disk, layer half the mince, a single layer of lasagne sheets, half the white sauce and a third of the cheese (mixed).

Follow with another single layer of lasagne sheets, the remaining mince, a single layer of lasagne sheets, the remaining white sauce and the remaining two thirds of the cheese (mixed). Rest for 30 mins.

Bake in the oven for 35 mins.

Turn the oven off, remove the lasagne from the oven, loosely cover with tin foil to prevent the cheese burning and return to the warm oven for 10 mins. Serve.

**LCHF** Use *LCHF Cheese Sauce\** or *Creamy Alfredo Sauce\** instead of the white sauce & cheeses above.  
**B** Use *Carb-Free Pasta\** instead of flour based pasta.

## VARIATION

Make a Moussaka with lamb instead of beef mince & replace the lasagne sheets with thin slices of about 2 large aubergines soaked for 10 mins in salt & then washed.



