

LASAGNA BOLOGNESE

6-8 SERVINGS
2.5 HOURS

RICOTTA

1 cup ricotta
1/4 cup parmesan
1 tsp fresh thyme, chopped
Salt and pepper to taste

BOLOGNESE

2 strips of bacon (or pancetta)
1 yellow onion, diced
2 carrots, diced
1 red bell pepper, diced
2 cloves garlic, minced
1 lb ground chuck
1/2 lb ground Italian sausage
1 tsp dried oregano
1 tsp smoked paprika
1 tsp fresh thyme
1 tsp fresh sage, chopped
1 pinch ea of salt and pepper
1 cup whole milk, room temperature
1 grate of nutmeg
1 cup dry red wine
1/2 cup beef stock
1 14oz can of chopped tomatoes
1 cup baby bella mushrooms, diced

BÉCHAMEL

4 tbsp of butter
4 tbsp of white rice flour
2 cups whole milk
1/2 tsp smoked paprika
1 pinch ea of salt and pepper
1 grate of nutmeg

PASTA

Oven ready lasagna pasta
1 cup of fresh mozzarella

- Mix all ingredients together in a bowl, cover and store in the refrigerator until time to assemble the lasagna before baking.

BOLOGNESE

- Place bacon in a cold 5.5 quart dutch oven and turn heat to medium low until fully rendered but not quite crisp. Remove from pan while leaving the oil in the pot and set aside to drain.
- Add onion, carrots, and bell pepper to dutch oven and cook until soft (approx 8-10 minutes), stirring occasionally. Stir in the garlic at the end and cook for about a minute.
- Add ground beef, sausage, spices and herbs until mixed and the meat is evenly crumbled. Cook until the meat has lost all of its red color.
- Pour in milk and grate a little nutmeg in for taste. Bring to a low simmer and cook, while stirring frequently, until the liquid has reduced almost entirely (approx 20 minutes).
- Add wine and allow to simmer until evaporated and then add tomatoes, reserved bacon, and mushrooms. Stir until evenly mixed and simmer uncovered for 30-40 minutes. Near the end, taste for flavor in case you need to add a touch more seasoning.
- When finished, remove from heat while you prepare the dry pasta and béchamel.

PASTA

- We recommend soaking gluten free dry pasta in hot water for 10 minutes before assembling the layers in the baking dish. Even if it claims you don't need to on the box. We've tested it many times now and it always works out better when we soak beforehand. Every time we didn't the pasta cooked unevenly leaving several areas that were hard and uncooked.
- We also recommend pasta made from brown rice flour as opposed to other options when using gluten free pasta for both texture and flavor.

BÉCHAMEL

- Melt butter in saucepan over medium-low heat. Add white rice flour.
- Cook, while whisking constantly, for approximately 5-6 minutes until the roux becomes darkened and reddish.
- Add milk in a slow steady stream while whisking and heat until it thickens. Add paprika, nutmeg, and salt & pepper.

ASSEMBLY

- Preheat oven to 375 F
- We typically assemble with the first two bottom layers featuring just bolognese and béchamel. The third (or middle layer) is just ricotta. When then add one more layer of bolognese and béchamel with the final top layer just béchamel and mozzarella.
- The beauty of making lasagna is that you can fill the layers however you prefer. Sometimes, if we have bolognese leftover, we add that to the top layer as well.
- Bake until the top is brown and bubbly, approx 35-45 minutes. Remove from oven and allow to cool for 15-20 minutes before serving.