

Vegetarian Lasagna



Ingredients

Vegetables—as many as you like...you can always use the left overs ☺

Capsicum—red, green, yellow, black
Onions
Eggplant
Zucchini
Sweet potato
Pumpkin
Beetroot
Mushrooms



9/10/2017
Charlie
Grigio

Main sauce

Tomatoes—tins, diced or fresh (about 800 to 1000 gm)
Onions—1 large
Garlic—lots!
Basil—a sprinkle
Brown sugar—to taste
Salt—to taste
Tomato paste—to taste...maybe 3 or 4 heaped table spoons

White sauce

Béchamel
—equal parts butter and flour to make the roux, e.g., 50gm butter and 50gm flour
—enough milk for a medium thick sauce; for the above reserve about 5 or 6 cups....but add a little at a time and stir constantly

See over for medium sauce recipe

Pasta sheets (*home-made is better! See over for recipe*)

Cheese—*a mix of parmesan and cheddar...some in between the sheets and the remainder on top for a nice cheesy topping!!*



Vegetarian Lasagna



Medium White Sauce

(should be reasonably 'runny' but not liquid nor peanut paste!)

2 tablespoons butter or 2 tablespoons margarine

2 tablespoons flour

¼ teaspoon salt

⅛ teaspoon pepper

1 cup milk

Note 1 tablespoon is approximately 8gm

Pasta

6 eggs

600 gm Tip '00' flour

Pinch of salt

Mix it all up and knead until the dough is well mixed, glossy and springy to touch.

Roll it out and cut to the size of the baking dish—tip, cut the dough into smaller workable pieces before rolling with a 'pin'.

Set aside and let dry for a teeny bit.



Instructions.

1. Roast all the vegetables until they are soft and coloured well. Some you can shallow pan fry to save time. Tip Salt the vegetables and leave for a bit before roasting or frying...you could try nutmeg on the sweet potato for a difference.
You could also try to crisp up the eggplant for extra taste....
 2. Start the tomato sauce—add onions and garlic to a pot of hot oil and brown to your desired flavour. Add the tomatoes and stir in well...simmer for a while...just as you like it! Add the sugar and basil a little at a time and taste as you go...add more if you dare!
 3. Do the white sauce once all the vegetables are done.
 4. Once all the ingredients are done, turn the oven on and preheat at around 160°C fan forced or 180°C normal.
 5. Assemble the lasagna however you want...I would mix it up...sauce on the bottom (stops the pasta sticking to the bottom), a layer of pasta, some of the vegetables, some more tomato then white sauce, then pasta, vegetables, etc....and you can put some cheese in the layers as well or just on top to get that golden brown colour and added flavour...yum.
 6. Remove once the top is golden and it is soft enough to have a fork go in and come out easy, clean and kinda dryish.
If you are using bought pasta strips, make sure you buy the ones from the frozen section—these are fresher and better than the hard ones in the spaghetti section.
 7. Remember to invite your friends to help you celebrate this wonderful lasagna that you have lovingly made. Tip goes well with red wine.
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