

Lasagne

Serving 6

- 2 packages Barilla Classic Blue Box **Oven-Ready Pasta Lasagne** 255 g (it's important to buy the oven-ready for the best result)
- 16 oz Ground turkey, (the original recipe requires ground beef, you can choose also ground pork. The taste is good whatever kind of meat you decide to use, it's up to your personal preference. For vegetarian, use 8 oz mushroom.)
- about 900 g of tomato sauce (so far, I think Hunt's 100% natural is my favorite among American brands)
- ½ onion
- Extra virgin olive oil
- Black pepper
- Salt



For besciamella sauce:

- 1 Liter milk (whole or 2% reduced fat milk work well)
- 100 g flour
- 50 g butter
- Salt
- Nutmeg

Directions:

Prepare the Meat Sauce

- 1) Dice onion and add to a pan with oil and cook over medium heat until onion turns pale gold.
- 2) Add the ground meat and increase the heat to high. Cook until browned. Sprinkle with salt and pepper.
- 3) Add tomato sauce, reduce the heat to low. Cook for 20 minutes.

Make the Besciamella sauce

- 1) Add flour in a pot and slowly add milk, while whisking. Cook over low heat and stir. If any lumps form, beat them out rapidly with a whisk until they dissolve. When milk starts to boil, the sauce will thicken.
- 2) At this point, remove from the heat and add butter, salt and nutmeg. Stir and cook again until butter melts.

- 3) Remove from heat.

Prepare the Lasagna

- 1) Pre-heat oven at 375 F.
- 2) Spread a little bit of tomato sauce (to prevent the lasagne from sticking to the baking pan while cooking) in a 13x9-inch baking pan. *Make sure your baking pan is a glass pyrex or stainless steel. Do not use an aluminum pan as it will react with the acidity of the sauce and ruin the flavor.*
- 3) Put a layer of lasagne noodles down first. Then spread meat sauce and alternate spreading basciamella sauce and meat sauce for every layer of lasagne. End with a layer of meat sauce. In total you should have three layers of tomato sauce, two of besciamella and five of lasagne.
- 4) Cover with foil and bake for 25 minutes. Uncover and bake for 5 minutes. Let rest 15 minutes before serving.

Caprese

Serving 2

- About 340 g mozzarella (I think Whole Foods has the best mozzarella I have tried so far)
- 3 big tomatoes
- 1 clove garlic
- Fresh basil
- Oregano
- Extra virgin olive oil



Directions:

- 1) Wash tomatoes and slice them.
- 2) Add salt, oregano, diced garlic, fresh basil and extra virgin olive oil.
- 3) Slice mozzarella
- 4) Serve alternating in a plate one slice of tomato and one slice of mozzarella.