

La cucina italiana di Giulia

Lasagna

Béchamel sauce:

5 tablespoons unsalted butter
½ cup plain flour
4 cups whole milk at room temperature
Freshly grated Nutmeg
1½ cups tomato sauce

1. In a 2-quart pot, melt 5 tablespoons of butter over medium heat. When butter has completely melted, add the flour and whisk until smooth, about 2 minutes.
2. Gradually add the milk, whisking constantly to prevent any lumps from forming. Continue to simmer and whisk over medium heat until the sauce is thick, smooth and creamy, about 10 minutes. The sauce should be thick enough to coat the back of wooden spoon. Remove from heat and add the nutmeg and tomato sauce. Stir until well combined and check for seasoning. Set aside and allow to cool completely.

For the rest of the lasagna:

2 tablespoons of unsalted butter
Salt
White pepper
Lasagna
¼ cup extra virgin olive oil
1 lb ground chuck beef
Salt & pepper
1½ lb ricotta
A chopped onion
1 lb lasagna precooked sheets
½ lb tomato sauce
Shredded parmesan cheese

1. In a sauté pan, heat extra-virgin olive oil. When almost smoking, add the ground beef and season with salt and pepper. Brown meat, breaking any large lumps, until it is no longer pink. Remove from heat and drain any excess fat. Set aside and allow to cool completely.
2. Into the bottom of a 13 x 9" baking dish, spread 1/3 of the béchamel sauce. Arrange the pasta sheets side by side, covering the bottom of the baking dish. Evenly spread a layer of ricotta mixture. Then a layer of meat sauce and sprinkle some Parmesan cheese on top. Arrange another layer of pasta sheets and do the same. You may add as many layers as you wish, but normally there should be about three. Arrange the final layer of pasta sheets and top with remaining béchamel and parmesan cheeses. Cut the remaining 2 tablespoons of butter into 1/4-inch cubes and top lasagna with them.
3. Bake until top is bubbling, about 30 minutes.

Tiramisu

2 egg yolks
3/4 cup white sugar
1 pound mascarpone cheese
1/4 cup strong brewed coffee, room temperature
2 (3 ounce) packages ladyfinger cookies
1 tablespoon unsweetened cocoa powder

1. In a medium saucepan, whisk together egg yolks and sugar until well blended.
2. Then add Mascarpone, keep whisking until you obtain a nice smooth, but thick cream and set aside.
3. Put the coffee in a bowl and quickly dip the ladyfinger cookies in it.
4. Place the cookies on the bottom of the dish (preferably a glass one) and cover the entire surface.
5. Even out the mascarpone cheese over the cookies and sprinkle the unsweetened cocoa powder over it.
6. Keep it in the fridge for at least half an hour before serving.