

Recipe



Lasagna with meat

Level of difficulty : Medium

Preparation time : one hour

Cooking time : 25 minutes at 175 degrees

For 3 – 4 persons

Preparation

INGREDIENTS

- **For the béchamel :**
 - 5 spoons of flour
 - Fat
 - 50 centilitres of Milk
 - Salt and pepper

- **For meat :**
 - 600 grams of Beef
 - 400 grams of Fresh tomato sauce
 - 5 tomatoes
 - Lasagna Pasta
 - 140 grams of grated cheese
 - Salt and pepper

COOKING TOOLS

- **For the béchamel :**
 - Saucepan
 - Whip
 - Wooden spoon

- **For meat :**
 - A pan
 - Wooden spoon
 - A dish

Description

1 – Wash the hands

2 - For the bechamel (preparation 6 – 7 minutes) :

- In a saucepan, melt the fat,
- Add it the flour and mix with a wooden spoon then gradually add the milk always by mixing with the whip,
- Add the salt and the pepper.

3 – For the meat :

- In a pan, melt the fat, add the ground beef and brown it,
- Add the tomatoes and the fresh tomato sauce,
- salt and pepper,
- Cover and simmer.

4 – The dish :

- In a gratin dish, put a coat of preparation, a layer of béchamel then a layer of lasagna and so on,
- Cook in the oven.

Good tasting!!!!!!
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