

Technical Report on "How to Cook Lasagna"

Overview

Lasagna is a classic Italian dish consisting of layers of pasta, meat or vegetable sauce, creamy béchamel and cheese, baked to golden perfection. This report outlines the ingredients, equipment and step-by-step instructions for making lasagna at home.

Ingredients

1. Pasta

Lasagna sheets: 12 sheets

2. Meat Sauce (Bolognese)

- Ground beef: 500g
- Ground pork (optional): 200g
- Onion: 1 medium, finely chopped
- Garlic: 3 cloves, minced
- Tomatoes (diced): 2-3 pieces
- Tomato paste: 3 tbsp
- Olive oil: 2 tbsp
- Red wine (optional): 100ml
- Italian seasoning: 1 tbsp
- Salt and pepper: to taste

3. Béchamel Sauce

- Butter: 50g
- Flour: 50g
- Whole milk: 500ml
- Nutmeg (optional): a pinch

- Italian spices, salt and pepper: to taste

4. Cheese

Parmesan/Tilsiter or any hard cheese: 200 g

Equipment

- Baking dish (roughly 22.5x33 cm)
- Large skillet (roughly 24-32 cm)
- Medium saucepan (3-5 liters)
- Whisk
- Fine grater
- Spoon
- Oven (preheated to 190°C)

Preparation

Prepare the Meat Sauce

1. Heat the olive oil in a large skillet over medium heat.
2. Sauté the onion until translucent (about 5 minutes), then add garlic and cook for 1 minute.



3. Add ground beef (and pork - optional), cooking until browned.



4. Add the tomato paste, canned tomatoes, and red wine (optional).

5. Season with Italian spices, salt and pepper to taste and **bake** for 20-30 minutes.



Prepare the Béchamel Sauce

1. Melt butter in a saucepan over medium heat.
2. Add the flour in small batches, stirring constantly, and cook for 2-3 minutes.
3. Gradually add the milk, stirring constantly with a whisk to prevent lumps from forming.
4. Cook until thickened (5-7 minutes) and season with nutmeg, salt, and pepper to taste.



Prepare the cheese

Grate the cheese on a fine grater

Assembly

1. Using a spoon, spread a thin layer (2-3 cm) of béchamel sauce on the bottom of the baking dish.
2. Lay down a layer of lasagna sheets.

3. Add a layer of béchamel sauce, then a layer of meat sauce.



4. Spread a portion of cheese.
5. Repeat the layers until all ingredients are used, finishing with meat sauce and cheese on top.

Bake

1. Bake in preheated oven for 40 minutes.
2. Let lasagne rest for 10 minutes before serving.



The lasagna is ready.

Tips and Notes

Texture: Ensure that the pasta sheets are cooked to your desired level of softness by checking them while baking.

Flavor enhancement: You can add different herbs and spices, bay leaves or fresh

basil to the meat sauce for extra depth of flavor.

Storage: Leftovers can be refrigerated for up to 3 days or frozen for up to 3 months.

Conclusion

Preparing lasagna requires accuracy and care, from making the sauce to combining the layers with **the right balance** of ingredients. By following this guide, you can prepare a perfectly layered and delicious lasagna, suitable for any meeting or meal.