**Lasagna**

* 2 pound (900g) lean ground beef
* 1 large white onion minced
* 5 cloves garlic crushed
* 1 28 ounce (756ml) can crushed tomatoes
* 2 6 ounce (156ml) can tomato paste
* 1 15 oz (443ml) can tomato sauce
* 1/2 cup chicken broth
* 2 tablespoons white sugar
* 1/2 cup chopped fresh basil
* 1 teaspoon ground oregano
* 1/2 teaspoon salt
* 1/4 teaspoon ground black pepper
* 1/4 cup + 2 tablespoons chopped fresh parsley divided
* 1 pound lasagna noodles (1 box @ 454g)
* 30 ounces ricotta cheese (2 x 475g tubs)
* 1 large egg
* 1/2 teaspoon salt
* 1/8 teaspoon ground nutmeg
* 1 pound (454g) shredded mozzarella cheese
* 1 cup freshly grated Parmesan cheese

### **Instructions**

1. In a [large pot](http://amzn.to/2n2Ju3N) over medium heat, add in ground beef. Use a spoon to break up the meat into small pieces. Add in onion and garlic and cook until meat is well browned, stirring constantly. Stir in sugar, fresh basil, oregano, 1/2 teaspoon salt, pepper, and 1/4 cup chopped parsley. Pour in crushed tomatoes, tomato paste, tomato sauce, and chicken broth. Stir well and bring to a simmer. Reduce heat to low and simmer 1-4 hours, stirring occasionally.
2. Meanwhile, place lasagna noodles into the bottom of a [pan](http://amzn.to/2BjUbnK). Pour hot tap water directly over the noodles, making sure the pasta is completely immersed in the water. Let them soak for 30 minutes, then drain and discard water.
3. In a [mixing bowl](http://amzn.to/2G3qlHA), combine ricotta cheese with egg, remaining 2 tablespoons parsley, 1/2 teaspoon salt, and nutmeg. Refrigerate until ready to assemble lasagna.
4. Preheat oven to 375 degrees. Lightly grease a [deep 9x13 pan](http://amzn.to/2DtRkuw).
5. To assemble, spread about 1 cup of meat sauce in the bottom of the prepared pan. Place 4 noodles on top. Spread with 1/3 of the ricotta cheese mixture. Top with 1/4 of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, then sprinkle with 1/4 cup parmesan cheese. Repeat layering two more times to create three complete layers. To finish, place a final layer of pasta, topped with another 1 cup of meat sauce to cover the pasta. Top with remaining mozzarella and Parmesan cheese. Cover loosely with aluminum foil.
6. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes to allow cheese to brown. Serve hot.

**Spaghetti and Meatballs**

**Ingredients**

**Meatballs**

* 1 lightly packed cup of diced white sandwich bread *, crusts removed*
* 1 small onion *(brown, white or yellow)*
* 14 oz / 400g ground beef *(mince)*
* 3 oz / 100g ground pork *(mince), or sub with more beef*
* 1 egg
* 1/4 cup fresh parsley *, finely chopped*
* 2 garlic cloves *, minced*
* 1/4 cup Parmigiano-Reggiano *(or parmesan), freshly grated*
* 3/4 tsp salt
* 1/4 tsp black pepper

**Cooking Meatballs & Sauce**

* 2.5 tbsp olive oil
* 2 garlic cloves *, minced*
* 3/4 cup onion *, finely chopped (white, brown or yellow)*
* 24 oz / 700 g Crushed or Pureed Tomatoes
* 1/2 cup water
* 1 tsp red pepper flakes *(chili flakes)*
* 3 tsp dried Italian herb mix *(parsley, basil, thyme, oregano)*
* 1 tsp salt
* Black pepper

**Instructions**

1. Grate the onion using a standard box grater in a large bowl until you have about 1/2 cup of grated onion and juices.
2. Add bread, mix to combine so the onion juice soaks the bread and disintegrates. Set aside while you prep the other ingredients (5 min or so).
3. Add all the remaining Meatball ingredients. Use hands to mix well.
4. Measure out a heaped tablespoon and roll lightly to form a ball. Repeat with remaining mixture. (Note 5)
5. Heat 1 1/2 tbsp olive oil in a large non stick fry pan over medium high heat. Add the meatballs and brown all over - about 3 - 4 minutes.
6. When they are browned but NOT cooked through, carefully transfer them onto a plate.

**Cooking & Sauce:**

1. Heat 1 tbsp of olive oil into the fry pan.
2. Add the onion and garlic and sauté for 2 to 3 minutes until translucent. Add the remaining Sauce ingredients. Bring to a simmer, then turn down to medium low so it bubbles gently rather than splattering everywhere.
3. Carefully transfer the meatballs and any juices that have pooled on the plate into the Sauce.
4. Cook the meatballs for 8 - 10 minutes, turning and stirring occasionally. Adjust Sauce salt and pepper to taste.
5. While the meatballs are cooking, cook your pasta of choice.
6. Serve the meatballs on pasta, garnished with extra parmesan and parsley if using.

Makes about 24 meatballs (Ping Pong ball size)

**Tiramisu**

## **Ingredients**

1/2 cup (120 ml) brewed espresso or very strong coffee, at room temperature

1/4 cup (60 ml) Rum,

2 teaspoons vanilla extract

3 large egg yolks

1/4 cup (50 grams) granulated sugar, divided

8 ounces (225 grams) mascarpone cheese (about 1 1/4 cups)

3/4 cup (175 ml) heavy cream

18 to 20 Savoiardi Italian ladyfingers (from 7-ounce package)

1 ounce (30 grams) bittersweet chocolate or cocoa powder for dusting

## **Instructions**

* Prepare espresso (coffee) and set aside to cool to room temperature.

**PREPARE FILLING**

* Vigorously whisk egg yolks, and 3 tablespoons of sugar in a bowl set over a saucepan of barely simmering water until tripled in volume, 5 to 8 minutes. To make this step easier, use a handheld electric mixer at medium speed. (Do not stop beating until removed from the heat).
* Remove the bowl from heat then beat in mascarpone cheese until just combined.
* Whip cream in a bowl until it holds stiff peaks. Once the yolk-mascarpone mixture has cooled a little, gently fold in half of the whipped cream into the yolk-mascarpone mixture, then the remaining half just until fully incorporated (the whipped cream will deflate a little).

**TO FINISH**

* Combine espresso (or coffee), ¼ cup rum, vanilla extract, and a tablespoon of the sugar in a wide bowl.
* Dip half of the ladyfingers very quickly into the coffee, and line the bottom of a 9-inch square dish. (You might find that you need to break a few into pieces to fit them in the dish).
* Spoon half of the mascarpone filling over the lady fingers and spread into an even layer. Grate half of the bittersweet chocolate over filling. Then dip the remaining ladyfingers very quickly into the coffee and arrange a second layer over filling.
* Spoon remaining mascarpone mixture over ladyfingers. Grate more chocolate on top or dust with cocoa powder. Cover with plastic wrap and refrigerate at least 6 hours.
* When ready to serve, dust with more grated chocolate or cocoa powder. Leave out at room temperature about 20 minutes before serving. (Tiramisu can be chilled up to 2 days, but no longer or else the ladyfingers will break down and become mushy).