

Lasagna Bolognese

Ingredients

For 6 people:

Pour la sauce bolognaise

1 oignon
400 g de viande de bœuf hachée
500 mL de coulis de tomates
Sel, poivre, herbes de Provence
Huile d'olive

Pour la sauce béchamel

1 cuillère à soupe bombée de margarine
1 cuillère à soupe bombée de farine
1/2 L de lait
sel, poivre, noix de muscade

For assembly

1/2 package of lasagna
200 g grated Gruyère cheese

Preparation

For the bolognese sauce

Brown the onion in the olive oil over medium heat.
Add the meat, cook it while crumbling it.
Salt, pepper, sprinkle with Provence herbs.
Add the tomato coulis.
Leave to cook covered (otherwise the tomato coulis will squirt everywhere) for 5 minutes.

For the béchamel sauce

Heat the milk for 2 minutes in the microwave
Melt the margarine in a saucepan over low heat (without boiling)
When the margarine has melted, add the flour and stir off the heat.
When the mixture is homogeneous, add the milk little by little to the saucepan, over the heat.
Increase the heat to medium heat and stir constantly. Salt and pepper, add the nutmeg.
The béchamel is ready when the mixture becomes thick.

For assembly

Preheat the oven to 180°C.
In a gratin dish, pour a little béchamel.
Arrange a layer of lasagna sheets.
Pour a layer of Bolognese sauce.
Arrange another layer of lasagna sheets.
Pour a layer of béchamel, sprinkle with gruyere.
Repeat the layers until the ingredients are used up.
Finish with a layer of gruyere.
Bake for 30 minutes.