

Lasagne with Meat Ragù and Béchamel

INGREDIENTS

Meat ragù

- Ground beef (finely minced)
- Pancetta
- Onion
- Carrot
- Celery
- Butter (or butter with a little olive oil)
- Tomato purée or paste
- Meat broth
- Salt and black pepper

Béchamel sauce

- Whole milk
- Butter
- Flour
- Salt
- Nutmeg

Assembly

- Fresh egg pasta lasagne sheets
- Grated Parmigiano Reggiano
- Small knobs of butter

PREPARATION WORKFLOW

PHASE 1 – Cook the ragù

1. Finely chop onion, carrot and celery.
2. Gently sauté them in butter with the chopped pancetta.
3. Add the meat and brown until it loses its raw color.
4. Add the tomato.
5. Moisten gradually with hot broth.
6. Simmer very gently for 1½–2 hours.
7. Season with salt and pepper.

PHASE 2 – Make the béchamel

1. Melt the butter over low heat.
2. Add the flour and stir without browning.
3. Gradually whisk in the warm milk.
4. Cook until smooth and creamy.
5. Season with salt and nutmeg.

PHASE 3 – Prepare the pasta sheets

1. Boil the lasagne sheets in salted water.
2. Drain and cool briefly in cold water.
3. Lay them flat on clean cloths.

PHASE 4 – Assembly workflow (layering)

1. Butter the baking dish.
2. Spread a thin layer of béchamel.
3. Add a layer of pasta sheets.
4. Spoon over ragù.
5. Add béchamel.
6. Sprinkle with Parmigiano.
7. Repeat until ingredients are used.
8. Finish with béchamel, Parmigiano and small knobs of butter.

PHASE 5 – Baking

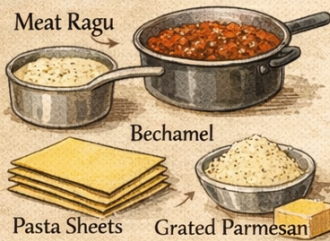
1. Bake in a static oven at 180 °C / 355 °F.
2. Cook for 35–40 minutes.
3. Let rest for 10–15 minutes before serving.

FINAL NOTE

From a modern nutritional point of view, this is a **complete one-dish meal**, combining carbohydrates, proteins and fats, best enjoyed in moderate portions.

CLASSIC LASAGNA BOLOGNESE

with Ragu & Béchamel



1. COOK THE RAGÙ

Prepare a meat ragu as indicated in Artusi's book.

2. MAKE THE BÉCHAMEL

Prepare a béchamel with butter, flour, and milk.

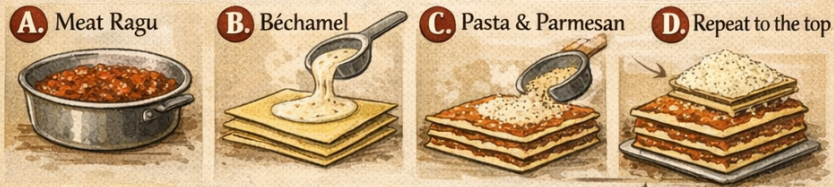
3. BOIL THE PASTA SHEETS

Cook the pasta sheets in salted water, then drain and dry them.



4. ASSEMBLE THE LASAGNA

In a baking dish, layer as follows:



5. ASSEMBLE THE LASAGNA

In a baking dish, layer as follows:



5. BAKE

Bake in a hot oven at 356°F for 25-30 minutes.