



# BEEF LASAGNE

## INGREDIENTS

- 1 kg Minced Beef
- 300 g Country Range Lasagne Sheets
- 2 tbsp Country Range Rapeseed Oil
- 360 g Country Range Mild Grated Cheddar
- 350 g Spanish onions
- 800 g Country Range Chopped Tomatoes
- 100 g Country Range Cooking and Baking Margarine
- 0.5 tsp Country Range Garlic Purée
- 0.5 tsp Country Range Tomato Paste
- 50 g Carrots
- 1.5 tsp Country Range Oregano
- 0.25 tsp Granulated Sugar
- 1 litre Water
- 100 g Country Range Self Raising Flour
- 20 g Country Range Sunflower Spread

## METHOD

1. For the tomato sauce, finely chop 100g onions and fry in the margarine until soft.
2. Add the garlic puree, oregano, and some salt and pepper and cook for 10 minutes.
3. Add the tomato puree, carrots, tinned tomatoes and sugar and simmer for approximately 30 minutes. Adjust seasoning if required.
4. Set aside the tomato sauce until later
5. To make the white sauce, whisk the water and milk powder together and placing into a jug.
6. Melt 20g sunflower spread in a thick bottomed pan.
7. Add the flour and stir vigorously until you get a smooth glossy paste.
8. Cook for a few minutes over a gentle heat without colouring.
9. Gradually add the milk mixture a little at a time stirring vigorously each time until the mixture is smooth.
10. Once all the milk has been added allow to simmer for approximately 5 minutes stirring frequently to ensure the sauce does not burn.

11. Once incorporated remove from heat and add about half of the cheese, stir and allow to cool.
12. To build the lasagne, brown off the minced beef, remaining onions and carrots in a little vegetable oil.
13. Add the homemade tomato sauce and stir thoroughly until all the mix is fully coated.
14. In a large oven proof tray, add a layer of the meat and cover with lasagne sheets.
15. Add a thin layer of the white sauce and repeat for 2-3 layers or until all the mix is used.
16. Sprinkle the top of the lasagne with the remaining cheese and place into the oven.
17. Bake at Gas Mark 5 (190°C) for approx. 25-30 minutes.
18. Hot hold for service. Cut into 20 portions per full size tin when it goes on service.