

Pasta Bolognese Gratin





Ingredients and Preparation

SERVINGS

Serves 2 to 3 people

INGREDIENTS

For Main Meal

250g Lean Mince Steak
180g – 200g Italian Pasta (Fusilli)
150g – 200g Piccolo Cherry Tomatoes
100ml White Wine
2 Measures of Water (225cl and 100ml)
75g – 80g Parmaham
1 Tablespoon Sunflower Oil
1 Onion
1 Garlic Clove
1 Beef Cube
1 Tablespoon Tomato Puree
2 Portions Salt (1 Tablespoon and 1/2 Teaspoon)
1/2 Teaspoon Sugar
1/2 Teaspoon Italian Herbs

For Béchamel Sauce

250ml – 300ml Milk
2 Tablespoons Plain Flour
1 Tablespoon Margarine
1/4 Teaspoon Aromat or Salt

SUGGESTED PANS AND DISHES

1 26cm Non-Stick Frying Pan
2 2L Pans
1 3L Pan
1 Oven Proof Dish (23cm Long, 15cm Wide, 5cm Deep)
1 Whisk
1 Spatula
1 Wooden Spoon
Silver Foil for covering Oven Proof Dish

PREPARATION

Pre-heat oven to 200C. For fan assisted oven, 180C is recommended.

Cut Parma ham into thin strips and chop onion and garlic.

Heat one tablespoon of oil in frying pan. When very hot, add mince. Turn constantly with spatula and, whilst browning it, add onion and garlic. Continue to turn with spatula whilst adding Parma ham and tomato puree.

Add white wine, 100ml water, beef cube, sugar, salt, Italian herbs and whole cherry tomatoes. Turn with spatula.

Pour mixture into 2L pan and simmer on a low heat for approximately one hour. Stir occasionally with wooden spoon.

Boil 225cl water in 3L pan. Whilst boiling, add Fusilli and one tablespoon of salt. Simmer on low heat for approximately 12 minutes. (Allow longer time if softer texture is desired). Drain the pasta and rinse under cold water.

Grease oven dish with margarine. Add half the pasta to the dish, followed by mince on top and finally the rest of the pasta, spreading each layer evenly.

Pour 250ml milk to 2L pan and heat. Once warm, add two level tablespoons of flour and whisk until mixture slightly thickens. Add tablespoon of margarine and 1/4 teaspoon of Aromat or salt. Gently whisk constantly, whilst simmering, for approximately five minutes. If texture becomes too thick, add a little more milk and simmer for a further five minutes, whilst continuing to whisk.

Pour mixture over pasta and cover with silver foil. Place in middle of pre-heated oven and bake. After fifteen minutes, remove silver foil and bake for a further fifteen minutes.

Serve with a salad.