

# AMAZING ITALIAN LASAGNA

THURSDAY, SEPTEMBER 18, 2008

## BOLOGNESE SAUCE



Ingredient	Amount	Scaled amount
Ground Beef	2 pounds	32 oz
Olive Oil	2 Tablespoons	Teaspoon
Brown Onion diced	1	
Salt and Pepper	2 Teaspoon of each	2 of each
Plum tomatoes	2 pounds	2 pounds
White wine	1/2 Tablespoon	4 Fluid Ounce
oregano	1 Teaspoon	

**Recipe serves 8**      **Prepare for**

### Instructions

1.Heat oil in a large sauce pot.  
 2. add diced onion until translucent.  
 3. add ground beef, cook until browned.  
 4. add white wine and cook until liquid is reduced  
 5. Process plum tomatoes until blended and add to the pot and stir until completely blended, add teaspoon of oregano.  
 Bring to a boil and reduce to a simmer and reduce liquid by half and the sauce is done. Should be about 45 minutes.

## BE'CHAMEL SAUCE



Ingredient	Amount	Scaled amount
Butter	5 Tablespoons	
All purpose flour	4 Tablespoon	
Milk	3 cups	
Salt	2 Teaspoons	
Nutmeg	1 Teaspoons	

**Recipe serves 8**      **Prepare for**

### Instructions

1.Melt butter in medium sauce pan  
 2. add flour and stir until smooth no lumps cook on low to medium heat until light brown about 3 minutes.  
 3.Heat milk in separate pan until it comes to a boil and then combine slowly with butter and flour mixture and whisk until smooth.  
 4. Then add nutmeg and whisk in. And set aside

## LASAGNA



Ingredient	Amount	Scaled amount
Lasagna sheets	2 pound boxes	
Fresh Chopped Basil	1 cup	
Fresh Chopped Parsley	1 cup	
Mozzarella Cheese	1 1/2 Pound	
Olive oil	1 tablespoon	
Grated Parmesan cheese	1 cup	

**Recipe serves 8**      **Prepare for**

### Instructions

1.In a 9 inch baking pan grease it dow with with the Olive oil  
 2.Now combine Meat sauce with Be'chamel sauce mix well a put a layer of sauce down in baking pan and add your first layer of lasagna sheets and cover with a layer of sauce and then cover with a layer of mozzarella cheese then sprinkle a layer of Grated parmesan cheese and then sprinkle chopped parsley and basil and repeat the process three times.  
 3. Cover with foil.  
 4. Preheat oven to 375 degree's  
 5. Put Lasagna into oven cover for 50 minutes and then remove foil for the last 10 minutes.  
 6. Total cooking time 60 minutes  
 7. Remove from oven and let it rest for 10 minutes.  
 8. next cut and serve and enjoy

# CONVERSION TABLE

## AMOUNT CONVERSION

Use the Array table to convert amounts from one unit to another. Click the Units From and Units To cells to choose the units from pop-up menus.

Amount:  Units From:  Units To:  Amount:

	Teaspoon	Tablespoon	Fluid Ounce	Cup	Pint	Quart	Gallon
Teaspoon	1	1/3	1/6	1/48	1/96	1/192	1/768
Tablespoon	3	1	1/2	1/16	1/32	1/64	1/256
Fluid Ounce	6	2	1	1/8	1/16	1/32	1/128
Cup	48	16	8	1	1/2	1/4	1/16
Pint	96	32	16	2	1	1/2	1/8
Quart	192	64	32	4	2	1	1/4
Gallon	768	256	128	16	8	4	1

The Conversion Table is used by the Recipes sheet to calculate "Scaled amount" values. If this table is deleted, the values can't be computed.