



**OTWAY  
PASTA  
COMPANY**

*Free Range · Handmade*

Recipe Name      **Pastitsio (Greek Lasagne)**

Serves              6 plus

### **Meat Sauce**

2 tbs              Olive oil  
1 clove          Garlic (finely chopped)  
1                  brown onion (finely chopped)  
1 stick          celery (finely chopped)  
1                  Red capsicum (finely chopped)  
1                  Carrot (finely) chopped)  
2 tbs              Tomato Paste  
500g              Beef mince  
700g              Passata  
2                  bay leaves  
1                  stick of cinnamon  
2-4 tbs          Fresh parsley (finely chopped)  
1 handful        Fresh basil (roughly chopped)

Salt and pepper to taste

### **Method**

Place a large fry pan on medium heat, add olive oil, garlic and onion. Cook until onion is translucent. Add vegetables and cook for 5-10 minutes until softened slightly. Place the vegetables to one side of the pan, add tomato paste to the opposite side and “fry off” for 2-3 minutes. Combine with vegetables. Add the mince and continue to cook and break up mince until mince is cooked through. Add tomato puree, bay leaves and cinnamon stick. Bring the sauce to the boil and simmer for at least ½ hr or up to 2 hrs.

Remove the bay leaves and cinnamon stick prior to serving or assembling pastitsio.

### **Béchamel Sauce**

90g                  Salted Butter  
50g                  All purpose gluten free flour  
500ml              Milk  
1/8 tsp              Ground Nutmeg  
60g                  Parmesan (finely grated)

Salt to taste

## **Method**

In a small saucepan gently melt the butter, once melted add the flour. Stir and cook flour butter mixture for 1-2 minutes being careful not to burn the butter.

Add ½ the milk while stirring with a whisk. Once combined with no lumps add the remaining milk. Continue to cook and whisk until the sauce thickens and coats the back of a wooden spoon. Normally 8-10 minutes.

Remove from heat, add nutmeg, parmesan and salt to taste.

Continue to mix until cheese is melted.

## **Pasta**

Cook the dried penne pasta for 7 minutes, the pasta will be slightly under cooked. It will continue to cook when the pastitsio is baked.

After 7 minutes drain and drizzle with olive oil and toss to coat pasta. Cover and place in the fridge if not using straight away

## **Assembling the Pastitsio**

Add about ½ the cooked penne and ½ the béchamel sauce to a 30cm x 30cm baking dish. Mix with a spoon to gently combine. Add a layer of the meat sauce, about 25mm thick, then add the rest of the penne and pour over the remaining cheese sauce. Add grated parmesan and cover with a layer of baking paper and aluminium foil (the baking paper stops the cheese sticking to the aluminium foil). Bake for ½ hr at 180°C or until the top is browned. If the pastitsio has been cooled (ie from the fridge) prior to baking, the cooking time will be approximately 1 hr at 160°C, then 180°C for 15 mins to brown the top.

If possible leave to rest covered 15 mins prior to serving

Enjoy!