

## 0.1 Ragù Lasagne

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↔ 250 g *Lasagne Pasta Sheets* Boil some water and cook the lasagne sheets for two minutes if fresh, or until al dente if dry.

↔ 600 mL *Béchamel* Season the Béchamel with nutmeg and salt to taste.

↔ 600 mL *Ragù*  
↔ 50 g *Parmesan*  
↔ *Grated Nutmeg* Cover the bottom of a non-stick tray with Béchamel, and then lay the first layer of pasta. Spread some more Béchamel on top of the pasta, and spread some Ragù on top of that. Finally, add a layer of grated parmesan.

Repeat for approximately three layers (for a tray of 30x20 cm), making sure that the last layer is completely covered by Béchamel and cheese to protect the lower layers from the heat of the oven.

Bake for 25 minutes at 220 °C covering the tray with foil until the last 5 – 10 minutes.

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The recipe for lasagne is simple, and the fun part is making the Pasta, Ragù and Béchamel sauces. The Pasta, Béchamel, and Ragù can all be bought pre-made from a shop, but the homemade Ragù is nicer, and Béchamel in particular is far better homemade (something is wrong if a sauce made from milk can survive in a jar for years).