



ITALY

DINNER

PRINTABLE RECIPE PDF

Italian Lasagna alla Bolognese

Lasagna alla Bolognese is a quintessential Italian dish originating from the city of Bologna. It showcases the rich culinary tradition of Emilia-Romagna,

PREP

30 min

COOK

90 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 100 g lasagna sheets - fresh if possible
- 200 g ground beef
- 100 g ground pork
- 100 g onion - finely chopped
- 100 g carrot - finely chopped
- 100 g celery - finely chopped
- 400 g canned tomatoes - crushed or whole
- 200 ml milk
- 50 g Parmesan cheese - grated
- 50 g butter
- 50 g all-purpose flour
- 1 pinch salt
- 1 pinch black pepper
- 1 pinch nutmeg - freshly grated, for béchamel

WHY THIS WORKS

About this recipe

A printable Italian Lasagna alla Bolognese recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Lasagna alla Bolognese is a quintessential Italian dish originating from the city of Bologna. It showcases the rich culinary tradition of Emilia-Romagna, emphasizing layers of fresh pasta, a hearty meat sauce, and creamy

ORIGIN & TRADITION

Mediterranean context

Lasagna alla Bolognese is a quintessential Italian dish originating from the city of Bologna. It showcases the rich culinary tradition of Emilia-Romagna, emphasizing layers of fresh pasta, a hearty meat sauce, and creamy béchamel. This dish has been beloved for centuries, often served during family gatherings and festive occasions.

METHOD

Step-by-step instructions

1

In a large pan, melt 25g of butter over medium heat. Add the onion, carrot, and celery, and sauté until softened, about 5 minutes.

2

Add the ground beef and pork to the pan, cooking until browned. Season with salt and black pepper. Pour in the canned tomatoes and simmer for 30 minutes.

3

In another saucepan, melt the remaining 25g of butter. Whisk in the flour to create a roux. Gradually add the milk, whisking constantly until the sauce thickens. Season with salt, nutmeg, and half of the Parmesan cheese.

4

Preheat the oven to 180°C (350°F). Spread a layer of the meat sauce at the bottom of a baking dish. Layer lasagna sheets over it, followed by a layer of béchamel sauce. Repeat the layers until all ingredients are used, finishing with béchamel and the remaining Parmesan cheese on top.

5

Cover with aluminum foil and bake for 30 minutes. Remove the foil and bake for an additional 15-20 minutes until golden and bubbling.

CHEF'S TIP

For the best flavor, allow the lasagna to rest for 10-15 minutes before slicing. This helps the layers set and makes serving easier.

NUTRITION PER SERVING (EST.)

Calories	750 kcal	Fat	40 g
Protein	40 g	Fiber	5 g
Carbohydrates	60 g	Sodium	700 mg

SERVING SUGGESTION

Lasagna alla Bolognese is traditionally served with a simple green salad and a glass of red wine, such as Chianti, to complement the rich flavors.

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