



Garden harvest lasagne

(makes about 25 canteen serves in ramekins)

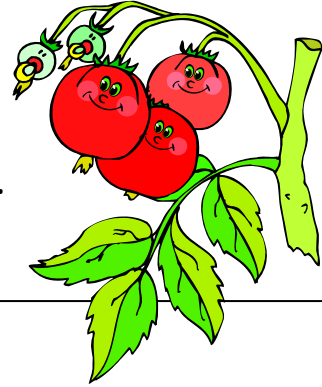


Type: Canteen lunch favourite

Garden Harvest: garlic, seasonal vegetables, tomatoes

Recipe Source: Nikki Dixon

Note: Kangaroo mince is lower in fat than other red meats, and is also a far better meat choice sustainability wise. So chew on some roo!



What to do:

Pasta Dough

* Weigh the flour, then combine it with 1 ½ teaspoons of salt in a bowl. Add the eggs & mix for a few minutes until the dough clings together.

* Tip the dough onto a clean, dry workbench. Knead the dough for 5-10 minutes, then wrap it in plastic film and let it rest for 1 hour at room temperature

Garden harvest sauce

* Heat the oil in a large frying pan over medium heat.

* Add the onion and garlic and cook, stirring, for 5 minutes or until onion softens, then add the mince and cook, stirring with a wooden spoon to break up any lumps for 5 minutes or until mince changes colour.

* Add the harvested vegetables and cook for a further couple of minutes.

* Add the preserved tomatoes and tomato paste, and bring to the boil. Reduce heat to low. Simmer, uncovered, stirring occasionally, for 30 minutes or until sauce thickens slightly.

* Remove from heat, taste, season with salt and pepper and set aside.

Turn over or read on for the rest of recipe....

Ingredients:

Garden Harvest Sauce

2 tsp olive oil

1 brown onion, halved, finely chopped

2 garlic cloves, crushed

10 cups seasonal vegetables from the garden, finely chopped (celery, zucchini, carrots, red capsicum – whatever is in season and growing in the garden)

750g beef or kangaroo mince

2 x 400g cans Italian diced tomatoes (or preserved tomatoes from summer's glut)

55g (¼ cup) tomato paste

Salt & freshly ground black pepper

Olive oil, extra, to grease

White Sauce

125g butter

½ cup unbleached Demeter flour

5 cups milk

¼ cup parmesan cheese

Salt & pepper

Toppings

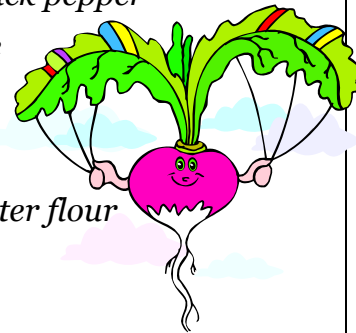
½ cup coarsely grated mozzarella

Pasta

300g unbleached Demeter bakers flour

2 duck eggs or 3 chicken eggs

2 ¼ teaspoons celtic sea salt



White Sauce

- * *Melt the butter in a large saucepan over medium-high heat until foaming. Add the flour and cook, stirring, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan. Remove from heat.*
- * *Gradually pour in half the milk, whisking constantly with a balloon whisk, until mixture is smooth. Then gradually add the remaining milk, whisking until smooth.*
- * *Place saucepan over medium-high heat and bring to the boil, stirring constantly with a wooden spoon, for 5 minutes or until sauce thickens and coats the back of the spoon. Remove from heat. Add the parmesan and stir until cheese melts. Taste and season with salt and pepper and set aside.*

Pressing the pasta

Get an adult to help you fix the pasta machine to a suitable bench. Screw the clamp very tightly.

- * *Press the dough into a rectangle about 8cm wide.*
- * *Set the rollers on the pasta machine to the widest setting and pass the dough through.*
- * *Fold it in 3, turn it 90 degrees and roll it through again.*
- * *Go to the next thickest setting and pass the dough through 3 -4 times.*
- * *Continue in this matter (changing the settings and passing the dough through) until the dough has passed through the second thinnest setting.*
- * *Cut the pasta sheets with a large round cookie cutter, scrunch up leftovers and repress and cut again.....*



Putting it all together

- * *Layer ramekin dishes with white sauce, pasta & mince till full, then top with 1 tablespoon of grated cheese.*
- * *Cover ramekin with foil. Write the date on the top of the foil with permanent marker and then place in the freezer to freeze.*

Baking

- * *Pre heat oven to 180 degrees.*
- * *If baking straight away- bake in a preheated oven for 10 minutes, remove foil and bake for a further 10 minutes till golden. Remove from oven and set aside for 10 minutes to cool before serving.*
- * *If baking frozen- bake in a preheated oven for 30 minutes, remove foil and bake for a further 10 minutes. Remove from oven and set aside for 10 minutes to cool before serving.*