



# Slow Cooked Beef Lasagne



DIFFICULTY: MEDIUM



PREPARATION TIME: 1 HOUR



COOKING TIME: 1 HOUR  
PLUS 4 HOURS SIMMER TIME  
FOR MEAT



SERVES: 8-10

## Ingredients

1 kg piece chuck steak  
Salt & pepper  
2 tbsp olive oil  
2 brown onions, chopped  
4 cloves garlic, finely chopped  
1 cup red wine  
700ml tomato passata  
4 bay leaves  
2 tbsps dried oregano  
2 tsps dried thyme  
½ tsp ground nutmeg  
½ tsp ground allspice  
1 cinamon stick  
2 tbsp tomato paste  
1 tbsp brown sugar  
200g dried lasagne sheets

## Method

To begin making your slow cooked beef lasagne, season the meat with salt and pepper.

Place a large pan over a high heat, Induction level 8. Add the oil then brown the meat well on all sides. Remove from the pan then add the onions and garlic and sauté until lightly browned. Reduce the heat to medium, Induction level 5.

Add the red wine and passata, mix well. Stir in the herbs, spices, tomato paste and brown sugar. Return the meat to the pan, reduce the heat to low, Induction level 2 or 3. Cover with a lid & allow to simmer gently for approximately four hours or until the meat is tender.

Remove the meat from the sauce and place into a large bowl. Using two forks, shred the meat and discard any fat. Skim any excess fat from the surface of the sauce then return the meat and mix well. Allow to cool.

To make the béchamel sauce, melt the butter in a medium size saucepan over a medium heat, Induction level 5. Add the flour to the pan and blend to a smooth paste. Gradually stir in the milk and cook, stirring constantly until the sauce boils and thickens.

Season with the nutmeg, salt and pepper. Combine the mozzarella and Parmesan and add half to the sauce and mix well.

Preheat the oven on [CircoTherm®](#) to 170°C and place the wire rack on shelf position 2. Grease a lasagna dish, approximately 28cm by 22cm or 4 litre capacity.

Layer the base of the dish with lasagne sheets and spread one third of the meat mixture on top. Spread one third of the béchamel sauce over the meat mixture then top with another layer of lasagne sheets.

## Béchamel Sauce

60g butter

1/3 cup flour

2 cups milk

¼ tsp nutmeg

Salt & pepper

3 cups grated mozzarella cheese

1 cup grated Parmesan

Repeat to make three layers finishing with the béchamel sauce then top with the remaining cheese mix. Bake for 55 to 60 minutes or until golden and cooked.

If using [VarioSteam](#) set to medium steam. Cooking time will be approximately 50 to 55 minutes.

## Notes

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The meat can be cooked & shredded the day before making the lasagna. This can also be served as a Ragout with pasta.

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