

LASAGNA ALL'EMILIANA

Last Modified: 06/30/2016

PREP: 45 Min
COOK: 6 Hrs
OVEN: 350

F HARD

ITALIAN

MAKES 10 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Recipes	Sauce - Bechamel - Mother Sauce #1 (Butter ONLY)	
PLUS - Add in the next 7 Ingredients while cooking the Bechamel Butter ONLY Sauce			
1/2	Tsp	Fresh Grated Nutmeg	
1	Recipe	Ragu Sauce (Below)	
1	Recipe	Fresh Lasagna Noodles (Below)	
1	Quart	Ricotta Cheese	
1 1/2	Cups	Parmesan Cheese	Shredded
2	Cups	Mozzarella Cheese	Shredded
1	Cup	Provolone Cheese (NOT Smoked)	Shredded
OR			
1	Cup	Gouda Cheese	Shredded

FRESH LASAGNA NOODLES

1	Pound	High Gluten Flour (Durham Flour)	
OR			
1	Pound	Bread Flour (Caputo Red Bag 00)	
5	Large	Eggs	
2	Tbsp	Extra Virgin Olive Oil (EVOO)	
1	Pinch	Kosher Salt	
2	Tbsp	Water	

RAGU SAUCE

3	Tbsp	Extra Virgin Olive Oil (EVOO)	
1/4	Cup	Yellow Onions	Fine Dice
1/4	Cup	Carrots (Peeled)	Fine Dice
1/4	Cup	Celery	Fine Dice
1 1/2	Pounds	Ground Veal	
OR			
1 1/2	Pounds	Sweet Italian Sausage	
OR			
1 1/2	Pound	Mixture of Both (ANY Ratio U Like)	
1	Pound +	Fresh Ripe Red Tomatoes	Pureed
OR			
1	29 Oz	Can Tomato Puree (Hunts)	
1	Cup	Dry White Wine (Chablis)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

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PREPARATION	
FACTOID	This recipe IS indeed very time consuming if followed to the letter. You may substitute Dried Lasagna Noodles for the Fresh ones here and probably not notice much difference. BUT, make this on a blustery winter day that you have no business being outside in using the homemade Lasagna Noodles and you'll never go back.
HINTS	This Lasagna is EXCELLENT! You can make large batches of this to freeze for use later. It tastes even better after being warmed up (even if microwaved). We normally make a double batch in a very deep baking dish and cut it up into 3 to 4 inch squares suitable for freezing in zip lock bags. They won't last long enough to freezer-burn.
FACTOID	This Ragu Sauce is GREAT! It goes well when slathered heavily over Spaghetti, Ravioli, Gnocchi, etc. This will likely end up being your go-to Italian Tomato Sauce Recipe.
FACTOID	Even though High Gluten Flour (AKA Vital Wheat Gluten or Durham Flour) is much lower in total calories, it is roughly 8 times more expensive than plain old Bread Flour. It DOES however, add an attractive elasticity factor into baked goods. Most "quality" Pizza Restaurants use High Gluten Flour for making their Pizza Dough.
HINTS	Make this recipe in the following order: 1) Ragu Sauce 2) Fresh Lasagna Noodles 3) Bechamel Sauce 4) Build and Bake and Serve
TOOLS	1) 2 - Medium Mixing Bowls 2) Food Processor OR Blender 3) Stand Mixer & Paddle Head & Noodle Roller 4) Large Saucepan & Lid 5) Fine Wire Strainer 6) Tall 9" x 13" Glass OR Ceramic Baking Dish 7) Stock Pot & Lid
PREP	DISH 1) Shred the Parmesan Cheese and set it aside. 2) Shred the Mozzarella Cheese and mix 1/2 cup of it into the Parmesan. 3) Set the remaining 1/2 cup of the Mozzarella Cheese aside. 4) Shred the Provolone Cheese and mix it into the Parmesan. 5) Preheat the oven to 350 degrees with a rack just below center.
PREP	RAGU SAUCE 1) Finely dice the Yellow Onions and set them aside. 2) Finely dice the Carrots and mix them into the Onions. 3) Finely dice the Celery and mix them into the Onions.
1	RAGU SAUCE: If using fresh Ripe Tomatoes, remove the skins by submerging them in boiling water for 10 seconds. Remove and plunge them immediately into a cold water bath. Peel off and discard the skins. Coarsely chop the Tomatoes and place them into a food processor. Run until the Tomatoes are pureed. Strain the mixture through a fine wire strainer to remove the seeds and errant skins and set it aside. Otherwise, open the can.
2	RAGU SAUCE: Heat the Olive Oil over medium heat in a large saucepan until the Oil just begins to shimmer. Add in the Onions, Carrots, and Celery and cook, stirring occasionally, until the Vegetables are tender, about 15 minutes. Add the Veal and / or Sausage and brown it, breaking up any big chunks of Meat. Drain off ALL liquid.

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3	RAGU SAUCE: Add in the Wine, increase the heat to medium high and cook until the pan is dry, about 10 minutes. Add in the Tomato Puree and enough water to completely cover the Meat. Bring the Sauce to a simmer then reduce the heat to low and cook, stirring occasionally, until the Sauce is deeply flavored and no longer watery, about 4 hours. Season the Ragu with Salt and Pepper to taste and set it aside until needed.
1	NOODLES: Mix the Eggs, Salt, Olive Oil and Water thoroughly in a stand mixer with a paddle head on medium speed. Reduce the speed to low and slowly add in the Flour and mix until the Dough comes together. Increase the speed to medium and knead the Dough until it is smooth and elastic, about 5 to 7 minutes.
2	NOODLES: Divide the Dough into thirds. Roll each chunk of Dough through the noodle attachment starting at the widest setting then graduating to progressively thinner settings. Stopping when the long sheets of Dough are of a medium thickness. Place the sheets of pasta either on a lightly floured surface or drape the sheets over floured wooden dowels placed between the backs of two kitchen chairs to air dry until ready to use.
1	BECHAMEL SAUCE: Make a double recipe of Bechamel Sauce - Mother Sauce #1. Add the Nutmeg into the cold Milk and whisk to incorporate fully until boiling.
HINTS	If your intent is that this is to be partially consumed with some leftovers, you need to insure that any freezer-sized portions can be easily removed from the baking dish when cold and packaged for storage in one piece. You will have to spray the bottom of the baking dish with non-stick cooking spray.
OPTION	The "We have leftovers" layers are: Noodles, Ricotta, Bechamel, Ragu, and Cheese.
OPTION	The "We are hogs with no leftovers" layers are: Bechamel, Ragu, Cheese, Noodles and Ricotta with a final top layer of Bechamel, Ragu, and Cheese.
1	LASAGNA (FRESH): Cut the Fresh Lasagna Noodles into lengths so they will fit nicely into single, even layers in your chosen baking dish. Bring 5 quarts of heavily salted water to a boil and cook the Noodles a few at a time. As soon as they float to the top, remove, drain and coat them lightly with Extra Virgin Olive Oil to keep them from sticking together and set them aside to cool.
1	LASAGNA (DRIED): Cook the dried Lasagna Noodles (VERY Al Dente) according to package directions, remove, drain and coat them lightly with Extra Virgin Olive Oil to keep them from sticking together and set them aside to cool.
2	LASAGNA: Put a thin layer of Bechamel Sauce in the bottom of a 9 inch x 13 inch baking dish. Cover the Bechamel with a thin layer of Ragu Sauce and a little Shredded Cheese Mixture. Top the Sauces and Cheese with a layer of Lasagna Noodles and spread a thin layer of Ricotta Cheese on top of the Noodles. Repeat 6 times, ending with a final layer of Ricotta, Bechamel, Ragu and Shredded Cheese. Lastly, sprinkle the top evenly with the reserved Cup of Mozzarella Cheese.
HINTS	Lay the Lasagna Noodles side-by-side touching each other and lay the next layer in the opposite direction so that when cutting the cooked Lasagna, the Noodles do not ruin the presentation by separating or sliding and spreading all over the dinner plate.
3	LASAGNA: Bake the Lasagna until it is hot at the center and the Cheese topping has turned golden brown, about 45 minutes. Cover with some aluminum foil (do NOT allow it to touch the Cheese) if the Lasagna browns before it is thoroughly heated through.
4	LASAGNA: Remove the Lasagna from the oven and tent it loosely with aluminum foil (Careful - It WILL stick to the Cheese on top) and set it aside to rest for 20 minutes to allow the layers to set-up.
SERVE	Serve while hot with Garlic Bread on the side.

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