

Prison Lasagne

Ingredients:

Dry lasagne sheets 250g
Parmesan cheese and hard butter

Meat sauce

2 tbsp olive oil
1 onion, finely chopped
1 stick of celery, finely chopped
1 clove of garlic, crushed
500g beef mince

5 tbsp tomato paste
1 x 400g tinned tomatoes
Salt and pepper to taste
Pinch of nutmeg

Bechamel sauce

50g butter
1/4 cup plain flour
2 1/2 cups milk

Method:

Preheat oven to 180°C.

To make the meat sauce, heat oil in a saucepan. Add onion, celery & garlic, cook until soft. Add beef mince, cook until brown.

Stir in tomato paste & tinned tomatoes. Season with salt, pepper & nutmeg. Cover & simmer gently for 20 minutes, stirring occasionally.

To make the bechamel sauce, melt butter in a saucepan over medium heat. Add flour. Cook, stirring, with a wooden spoon for 1 to 2 minutes or until mixture bubbles. Gradually stir in milk.

Bring to the boil. Reduce heat to medium. Cook, stirring, for 4 to 5 minutes or until mixture thickens. Season with salt & pepper.

To assemble the lasagne, start layering the meat sauce into a lightly greased baking dish. Alternate layers of meat, lasagne, bechamel sauce, ending with sauce layer.

Sprinkle with grated parmesan cheese & small knobs of hard butter & bake for 25-30 minutes or until cooked through (test if cooked by pricking with a fork).

Allow lasagne to stand for 5-10 minutes before serving.

Serve and enjoy with cellmates or visitors!

