

# LUNCHROOM WARS FINALE RECIPE

**NAME OF RECIPE/DISH:** Layers For Champions - Lasagna

*(come up with a creative name for your finalist dish)*

**RECIPE CREDIT:** Self - A.K.A: Chef Nano - Nathaniel F.

*(self, grandma's name, name of cookbook and author, name of article and author, name of link)*

## INGREDIENTS WITH MEASUREMENTS:

*Please mark the Florida items with an asterisk*

### For the Lasagna Sauce:

- 7 lbs. of tomatoes\*
- 2 medium bunches of broccoli\*
- 4 green peppers\*
- 1 pint of mushrooms\*
- 1 whole garlic
- 2 lbs. of ground beef
- 1 tbsp. of Italian herbs
- 1.5 tsp. of pepper
- 1.5 cups of olive oil

### For the Béchamel Sauce:

- 1 cup of salted butter
- 1 cup of flour
- 8 cups of whole milk
- 2 cups of Parmesan cheese

### For the Homemade Lasagna Sheets:

- 8 large eggs
- 5 cups of flour
- 2 tbsp. of olive oil
- 2 tsp. of fine salt

### For the Cheese Crackers:

- 2 cups of Parmesan cheese

### Garnish:

- cherry tomatoes
- and basil

Number of servings	Prep time	Cook time	Total time
4	~ 50 min	~ 30 min	~ 80 min

## DIRECTIONS: *(numerical order)*

### Lasagna Sauce:

1. Start with washing your vegetables.
2. Peel and press your garlic.
3. Cut your tomatoes into quarters.
4. Marinate your tomatoes with garlic, olive oil, pepper and Italian seasonings.
5. Roast the tomatoes in the oven at 375°F for 1 hour.
6. Strain your roasted tomatoes through the tomato strainer.
7. Dice all of your vegetables into small pieces.
8. Fry your ground beef. When your beef is cooked, add the vegetables and the tomato sauce. Mix well.
9. Cook on low for about 1 hour.

### Béchamel Parmesan Sauce:

1. Place a large pan on the stove and turn it on to medium high heat.
2. Melt your butter.
3. When the butter is melted, add your sifted flour and mix real fast with a whisk.
4. Cook for 20 seconds while constantly mixing.
5. Then, add the milk little by little while continually mixing.

6. Add the Parmesan cheese and mix it in.

7. Put aside until you are ready to build your lasagna.

### Fresh Lasagna Sheets:

1. Get your mixer and use the dough hook.
2. Add the flour, eggs, salt and olive oil to your mixing bowl.
3. Mix and knead with your dough hook on low for about 10 minutes.
4. Cover with plastic wrap and let it rest for at least 30 minutes.
5. After resting, cover your dough with flour and divide it into 4 pieces.
6. Flatten the dough by hand.
7. Get your pasta roller and start rolling your dough, slowly from 1 to 2, 3, 4 and 5. Five is the perfect thickness for these lasagna sheets.
8. Cut the pasta sheets to the length of your baking pan and cover with a little more flour.
9. Put aside until you are ready to build your lasagna.

### How to Build the Lasagna:

1. Get a large oven pan.
2. Start with one thin layer of meat sauce.
3. Then, add a layer of pasta and repeat this three times.
4. Pour all of your béchamel sauce on top as the final layer and level it out.
5. Bake for 1 hour at 350°F.
6. Cut your lasagna and enjoy.

### Cheese Crackers:

1. Get a large baking tray with parchment paper.
2. Measure out 1/4 cup of Parmesan cheese and place it on the parchment paper about 4 inches apart.
3. Press down a little bit on each cracker.
4. Bake for six minutes in the oven at 350°F.
5. Let them cool down and use them to garnish your lasagna.