

Italian Cuisine Golden Rules



- **Italian Cuisine is E A S Y and C H E A P:** when you cook Italian, if you are doing something complicated or esoteric... you're not cooking Italian
- **Italian food is GOOOOOOOOOD**
- **Italian food is nice to see:** generally, you can feel it's good just watching it
- **Italian food smells nice:** except for some cheeses
- **Italian food is fun to do**
- **Cooking Italian require love and passion:**
if you don't LOVE what you make you'll make it bad.
Cook only what you like eating.



How-To Make Lasagna

Learn in 20 minutes

STEP 1: Know What You Want

Visualize what you want to make, how you want to make, smell and taste.



Lasagna is all about LAYERS!

4 IS A MAGIC NUMBER!!!



NO



NO



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STEP 2: SEEK WHAT YOU NEED

- **Pasta:** Lasagne leaves (Green, White, Egg-pasta)
- **Bolognese sauce:** carrots, onion, celery, minced beef, minced pork, tomato purea, white wine or milk, salt.
- **Parmisan cheese** (or some substitute)
- **Besciamelle sauce:** flour, butter, milk, ground black pepper, salt and nutmeg.



STEP 3: MAKE THE LASAGNA!!!!!!

- Put besciamelle on the bottom of the tray
- For 4 times make a layer in this order:
 - Pasta
 - Besciamelle
 - Bolognese
 - Cheese
- Optionally put a with layer of pasta brushed with a little Bolognese and cheese
- Cover the tray with foil



STEP 4: Cook the Lasagna!

- **Heat the oven at 180° C** while you prepare the Lasagna
- **Put the tray in the oven for about 40'** and
- When it's the time **run the 'Knife Test'**: if it slides like a hot blade in butter' than it's ready!
- When it's cooked remove the foil and grill for 5'



STEP 5: Eat ALL Your Lasagna



Buon Appetito!