

Halloween Pumpkin Lasagne

Serves 4

Equipment

Grater
Sharp knife
Oven-proof dish
Teaspoon
Tablespoon
Saucepan
Wooden spoon
Mixing bowl
Chopping board
Weighing scales
grater
measuring jug
savoury wooden spoon
tablespoon
small saucepan

Ingredients

1 dessert-spoon oil
500g minced lamb/beef/tofu/Quorn
1 large onion (finely chopped)
A mix of vegetables such as carrots, leeks and celery
2 tablespoons cooked pumpkin/squash
2 cloves garlic
1 sprig thyme
1 bay leaf
Seasoning
500ml passata
1tsp tomato puree
1 tin chopped tomatoes
Lasagne sheets (number of sheets required is dependent on size of dish)

For white sauce

90g butter or 3 dessert-spoons olive oil
70g plain flour
½ onion studded with 3-4 cloves
Small sprig thyme
1 bay leaf
700ml milk
Generous grating of cheese (cheddar or mozzarella)

Preparation time 30 mins

Cooking Time 1hr 15

Oven temperature 200°C/Gas6

Assemble all the ingredients and equipment you will need to make **Lasagne**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. In a large saucepan, heat the oil and add the mince and fry until the meat is separated and golden brown.
2. Chop the large onion, vegetables and garlic cloves very finely (or you could use a food processor). Add this to the mince and gently fry until the vegetables are softened.

3. Add a sprig of thyme, a bay leaf, seasoning, the sugar, passata, tomato puree and chopped tomatoes to the pan and reduce the heat. Cook for at least 30-45 minutes over a low heat to make a rich tomato sauce.
 4. Preheat the oven to 200-220°C (gas mark 5/6)
 5. To make the white sauce place the onion, cloves, small sprig of thyme, 1 bay leaf and the milk into a saucepan. Bring to the boil and turn off the heat to infuse the milk for 10 minutes. Strain into a bowl and discard the onion, thyme and bay leaf.
 6. Place the butter and plain flour into a separate saucepan over a low heat and stir until it has melted to form a paste (this is called a roux).
 7. Remove the pan from the heat and add a ladleful of the milk to the roux and stir. At first it will form a thick paste, continue to add small amounts of milk (stirring continuously) until it resembles a smooth white sauce.
 8. Return the pan to the heat and allow the mixture to cook for 2 minutes stirring continuously until the sauce has thickened. Remove from the heat and check the seasoning.
 9. In an ovenproof dish, build alternate layers of bolognaise sauce, lasagne sheets and white sauce until all the ingredients are used. The final layer should be a generous layer of white sauce. Cover this with a generous sprinkling of the grated cheese and place in the preheated oven for up to 45 minutes or until the pasta is cooked and the cheese has melted, bubbled and is golden brown in colour.
 10. The lasagne can be served with garlic bread and a crisp green salad.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
 - Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

Copyright © The Kids' Cookery School 2018

www.thekidscookeryschool.co.uk