

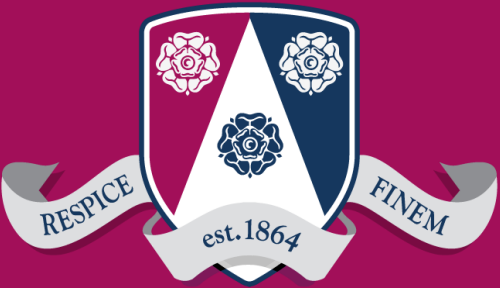
GO DEDICASI!  
HARD WORK  
DEDICATION



# ARNOLD LODGE

## COOK-A-LONG WITH LODGE

### LASAGNE



# Cook-a-long-with-Lodge

*'Join us live to prepare, cook and eat with ALS'*

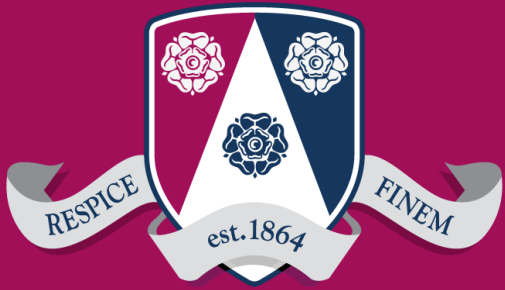
**Wednesday 31<sup>st</sup> March 5.15pm - Live on Teams!**

Our third Cook-a-long is a firm family favourite - Lasagne. This can be made with meat or vegetarian alternatives. Some of our younger Cook-a-long participants might just choose to make the 'Bolognese' sauce and serve it with pasta. This is also possible for those that don't like Lasagne.

This recipe easily serves a family of four, and we will also be making homemade garlic bread. It also goes well with a simple side salad.

Bon appetite!





# Lasagne Ingredients

## Ingredients:

**Bolognese sauce** (please feel free to add or subtract ingredients. I know when I make a meat version I add pancetta and red wine. This is a list of the 'basics'.)

500g minced beef or vegetarian alternative

1-2 cloves garlic

1 onion

1 carrot

1 tub passata or canned tomatoes

2 tablespoons tomato puree

Italian herbs of choice: basil, mixed herbs, oregano etc

## **Cheese sauce**

50g butter / margarine

50g plain flour

550ml milk

100g cheddar cheese

9-12 Lasagne sheets

## **Garlic bread**

1-2 bake at home bread sticks

50g soft butter / margarine

2 cloves garlic

Dried Italian herbs of choice

## The equipment you will require:

Vegetable chopping board

Sharp knife

Peeler

2 saucepans

Wooden spoon

Small bowl

Garlic press (optional)

Grater

Can opener

Heat proof rectangle dish for cooking