

The Monday Update

Festival of Lasagna Cookbook

With recipes provided by our readers



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Lasagna... just saying the word almost makes you feel Italian.

There are various types of lasagna... **meat** lasagna, **spinach** lasagna, **vegetarian** lasagna, **chicken** lasagna etc. There's easy lasagna, slow cooked lasagna, lasagna with eggplant, you name it. We even have a dish called Chocolate Lasagna. Don't freak! Don't freak! It's actually a dessert. There are dishes from other ethnicities that are very similar. The Greeks make pastitsio with a tubular pasta and also moussaka, a dish layered with eggplant rather than pasta. You'll find those recipes in this cookbook as well.



I couldn't think of anyone who exemplifies the Italian persona more than Carmela Piccolo-Coakley, except for maybe Janet Capello... but alas, she is no longer among us.

We'll kick off the latest MU Cookbook with Signora Piccolo-Coakley...



Carmela Piccolo-Coakley's Old Style Lasagna

There are so many ways to make a LASAGNA. And just as many ways to make a red sauce. Here are two versions using almost the same ingredients, but they have a different taste and texture.

Make a MARINARA SAUCE by browning a couple chopped ONIONS with about a 1/4 cup of chopped GARLIC, in olive oil. I like to brown a tub of sliced MUSHROOMS along with it.



Add a couple large cans of CRUSHED TOMATOES and a couple large cans of TOMATO SAUCE. Salt & pepper to taste. I like to add about a cup of RED WINE. Bring to a slight boil, then simmer about an hour.

Then, cup your hand, and fill it (about 2 TB spoons full) with dried crushed OREGANO. Then rub the palms of your hands together to finely sift the oregano as it falls into the sauce. This brings out the aroma of the herb.

Do the same with dried BASIL, unless you have fresh basil available, if so, chop about a palm full. More herbs, add more flavor. Your discretion.

VARIATION...

To change this to a MEAT SAUCE, once you have browned the onion, garlic and mushrooms, you can add ground meat. At least a lb. of 93% ground beef, 1/2 lb. ground Italian sausage, and 1/2 lb. ground veal or turkey. Salt & pepper.

In making lasagna, I use only MARINARA sauce when I use SLICED MEATBALLS and/or sliced and slightly browned ITALIAN LINK SAUSAGE, between lasagne layers. Otherwise, I use the MEAT SAUCE.

MEATBALL RECIPE

2 lb.	93% Ground Beef
1lb.	Ground Italian Sausage
1 1/2 cups	Grated Parmigiana or Romano
3 cups	Italian Bread Crumbs
3	Eggs
1 cup	chopped Parsley
1 large	chopped Onion
1 Tbl	minced Garlic
	Salt & Pepper to taste

Mix together, then wash hands and rub a little olive oil on your palms. Roll meat into little balls. About 2 inches in diameter and place on a slightly oiled baking pan. I prefer baking to frying.

Preheat oven to 350 and bake approx. 45 minutes or until browned.

FREEZE meatballs if you're not going to use them. Great for later!

LASAGNE RECIPE...

Boil 2 lb. Lasagne noodles according to directions, al dente. Rinse in cold water and lay flat.

In a Pyrex dish, add a scoop of MARINARA SAUCE and spread on bottom of dish.

Lay Lasagne noodles side by side, slightly over lapping.

Preheat oven to 350.

MIX together in a bowl:

1 1/2 lb.	Skim Ricotta Cheese
2 cups	Grated Parmigiana or Romano
1 1/2 cups	Shredded Mozzarella
3	Eggs,
1 cup	chopped Parsley
	Salt & pepper to taste

SPREAD a layer of Ricotta Mixture over entire noodles

Spread sliced or chopped Meatballs over Ricotta, and another layer of lasagne noodles

Cover with marinara sauce, and continue to layer Ricotta, meatballs, noodles until full

Cover the last layer of noodles with marinara sauce, some grated cheese and mozzarella

Bake approx. 30 minutes at 350. Careful not to burn the Mozzarella. Cover with foil if it starts to get brown!

Serves 8 to 10

NOW... If you don't use meatballs, then you might want to use the Meat sauce instead of Marinara.

If you use Marinara Sauce, you can substitute the meatballs for steamed and well drained SPINACH, for an all vegetable dish.

"Mangia Bene"~



Mardell Weyerts-Ramey '59 Butternut Squash/Swiss Chard Lasagna Recipe

I found this recipe several years ago, in a Ohio newspaper. It was a farm wife's recipe, featuring vegetables harvested later in the season. This recipe calls for a white sauce, but is just as delicious using a tomato based sauce.

How to make it:

Peel butternut squash, remove seeds, and cut into ½ inch chunks

Preheat oven to 450 degrees F.

Toss squash chunks with 1 tablespoon olive oil and ½ teaspoon salt. Place the chunks on a single layer of a large cookie sheet. Roast squash for 30 minutes, or until easily pierced with a fork. Remove chunks from the oven and mash with a food processor or a fork until smooth.

Lower oven to 375 degrees F.

In a large sauce pan, over medium heat, melt 1 tablespoon butter and 1 tablespoon olive oil. Add the chopped onion, and cook for about 10 minutes until golden. Next add the chopped Swiss chard, after discarding the tough stems, along with a ¼ teaspoon salt. Cook until chard is wilted, about 7 minutes. Remove from heat and set *aside*.

In a large sauce pan melt remaining butter, over medium heat, whisk in flour, pepper, garlic salt, nutmeg, thyme, and sage and cook for 1 minute while stirring constantly. Gradually whisk in the milk until smooth and cook the sauce over a medium high heat until it boils and thickens slightly, stirring frequently. Boil for an additional 2 minutes while stirring, then whisk in all ingredients but 2 tablespoons Parmesan cheese. Remove sauce pan from heat.

Cook the lasagna noodles according to package directions.

In a 13" x 9" lasagna pan, spoon 1/2 cup of the white sauce to cover the bottom of the pan.

Arrange 4 cooked lasagna noodles over the sauce.

Evenly spread all the Swiss chard mixture over the noodles,

Top with about 1 cup white sauce, and sprinkle with about 1/2 cup of mozzarella cheese.

Arrange 4 lasagna noodles on top, along with 1 cup white sauce, all the butternut squash, and 1/4 cup of the mozzarella cheese.

Top with the remaining noodles, the remaining white sauce, the chopped green onions, parsley, and 2 tablespoons of Parmesan cheese.

Cover with foil and bake at 375 degrees F for 30 minutes. Remove foil and bake an additional 10 minutes until hot and bubbly.

Let cool 10 minutes before serving.

Ingredients:

lg.	Butternut squash,
1½ lbs.	chopped Swiss Chard,
2 cups	chopped white onion,
1 tsp.	garlic salt,
4 Tbl	green onions,
2 Tbl	Italian parsley,
12-	lasagna noodles,
1 cup	grated mozzarella
¾ cup	parmesan cheese,
2 Tbl	olive oil,
3 Tbl	butter,
4 cups	milk,
1/3 cup	flour,
¼ tsp	salt,
¼ tsp	black pepper,
¼ tsp	ground nutmeg,
¼ tsp	thyme,
¼ tsp	ground sage.



Charlotte Preston-Garner HH63

Lasagna

Here is a recipe I have used for the last 41 years. It came from a soft-bound cookbook I purchased from "Some of the Nation's BEST COOKS Live in VALLEJO CALIFORNIA". The YMCA put it out in 1972. The recipe was submitted by Mrs. Beverly Miller. The only change I've made is to use a little "Eye-talian" sausage in addition to the ground beef.

Ingredients:

1/2 lb	Lasagna noodles
2 Tbsp	oil
2 cloves	garlic, minced
1 me	onion, chopped
1 lb	ground beef (I use lean)
1/2 lb	italian sausage
1/4 tsp	pepper
1 Tbsp.	parsley
2 6oz cans	tomato paste
1/2 lb	mozzarella cheese
1/4 cup	parmesan cheese
1 1/2 cups	hot water
2 eggs,	beaten
1 8 oz pkg	cream cheese

Cook noodles in salt water about 15 minutes. Drain.

Heat oil in skillet. Cook garlic and onion until soft.

Add beef, sausage and seasonings until crumbly.

Add tomato paste and hot water. Simmer 5 minutes. Set aside.

Blend beaten eggs with cream cheese in a bowl. (I use a blender)

In a baking dish 9x13x2, put a thin layer of the meat sauce, half the noodles, all of the cream cheese and egg mixture and half of the mozzarella cheese. Repeat with half of the remaining meat sauce, the rest of the

noodles, remainder of the sauce and mozzarella. Sprinkle lightly with parmesan cheese.

Bake in 350 degree oven for 30 minutes.

Serves 6.



Carol Houston-Bickford '65
Carol's Lasagna

(Reprinted from the cookbook PIT STOP in a Southern Kitchen)

Brown ground beef and sausage in a large pot. Drain off grease. Add marinara sauce, fresh mushrooms and sour cream. Bring to a boil, turn heat to low, and cook, stirring often, for 45 minutes.

Cook noodles according to directions on the box.

In a 9 x 13 inch baking pan, spread a layer of sauce in bottom of pan, then layer with noodles. Cover with a layer of shredded cheeses. Repeat process again ending with a layer of sauce on top. Sprinkle Parmesana cheese on top.

Bake at 350 degrees for 1 hour.

Serves 6 to 8 people.

1 ½ lb.	ground beef
½ lb.	Italian Sausage links (peeled and skins removed)
2 24 oz.	jars of marinara sauce
1 lb	fresh mushrooms (slice thin)
1 cup	sour cream
12	lasagna noodles
1 lb.	shredded mozzarella
8 oz.	shredded jack cheese Parmesan grated



Gloria Pontarolo-Taft '66
Just Do It Lasagna

Sorry, I don't have exact measurements. I don't follow a recipe... I just do it.

I make my sauce the day ahead (but you don't have to.) In the summer I use tomatoes from my garden but here is an all year round sauce you can use.

(I used to use ricotta cheese, but my Portugese friend, Jilda Carneiro Comisky, deceased 😞, told me she used cream cheese. So I tried it and liked it better)

(Put the cream cheese in the freezer for about one hour for easier grating. Use a grater with large holes, or if you don't have one, just "smoosh" the cream cheese in dollops onto the noodles and sauce when layering.) It melts when cooked anyway.

Preheat oven to 375 degrees

Ingredients:

Ground beef cooked and drained (I like lots of meat in my sauce!)
1 large yellow onion chopped and sautéed in olive oil (no need to use extra virgin)
(I don't cook the onion with the ground beef because the onion absorbs the fat from the ground beef) yuck!

2 jars Classico tomato & basil spaghetti sauce
2 lg cans diced and peeled tomatoes (drained)

Crushed dried oregano & thyme (not too much)
1 heaping Tbs brown sugar

Combine ingredients in a large pot and bring to a boil. Lower heat to just barely boiling and simmer for 2 hours.

3 -4 eggs Hard boil and chop (not too fine)
1 lg package shredded mozzarella cheese
a bunch shredded parmigiano/reggiano
1 8 Oz Philly Cream Cheese grated

Cook lasagne noodles according to package directions. (to al dente). Drain and rinse in colander to cool for easy handling.

Set up the assembly line of:
sauce
noodles
eggs
mozzarella cheese
cream cheese
parmigiano/reggiano cheese

In a 9 x 13 inch pan: spread some sauce in the bottom and cover with lasagne noodles then more sauce on the noodles and add eggs and cheeses. Cover with more noodles and continue this pattern to the top of the pan.

Only use the shredded parmigiano/reggiano cheese on the top

Cover with aluminum foil and bake in 375 degree oven for one hour Remove foil and continue to bake for 10 -15 minutes

Let sit for 10 minutes before cutting into squares and serving

If you wish to freeze the lasagne... DO NOT use the hard boiled eggs. The eggs do not freeze well and will be hard as rocks.

Bon Appetito!



**Donna Wiggin-Barth '58
Chocolate Lasagna**

Coincidentally, a friend recently sent this recipe to me and since you have requested lasagna recipes I can't resist sharing it! A disclaimer being, however, I haven't made or tasted it as with a diabetic husband I would have to eat it all myself!

1. Crush 36 Oreo cookies with food processor or put in Ziploc bag and crush with a rolling pin until fine crumbs.
2. Transfer the crumbs to a large bowl. Stir in 6 T melted butter and use a fork to incorporate the butter into the cookie crumbs. When the butter is distributed, transfer the mixture to a 9 x 13 inch baking dish. Press the crumbs into the bottom of the pan. Place the pan in the refrigerator while you work on the additional layers.

1 pkg	regular Oreo cookies (Not double Stuff)– about 36 cookies
6 Tbl	butter, melted
1- 8 oz	cream cheese, softened
1/4 cup	granulated sugar
2 Tbl	cold milk
1- 12 oz	tub Cool Whip, divided
2 – 3.9 oz package	chocolate instant pudding
3 1/4 cups	cold milk
1 1/2 cups	mini chocolate chips

3. Mix the cream cheese with a mixer until light and fluffy. Add 2 T. of milk, and sugar, and mix well. Stir in 1 and 1/4 cups Cool Whip. Spread this mixture over the crust.
4. In a bowl, combine chocolate instant pudding with 3 and 1/4 cups cold milk. Whisk for several minutes until the pudding starts to thicken. Use a spatula to spread the mixture over the previous cream cheese layer. Allow the dessert to rest for about 5 minutes so that the pudding can firm up further.
5. Spread the remaining Cool Whip over the top. Sprinkle mini chocolate chips evenly over the top. Place in the freezer for 1 hour, or the refrigerator for 4 hours before serving.

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Linda Tholmer-Anderson '62
Seafood Lasagna

Everyone makes a variation of meat/red sauce lasagna, but on special occasions I like to make a seafood lasagna.

Ingredients:

½ cup	butter
½ cup	flour
½ tsp.	Salt
2-4 cloves	garlic, crushed
2 cups	heavy cream
2 cups	chicken broth
1 cup	sour cream
1 cup	ricotta cheese
¼ tsp.	White pepper
1 Tbs.	Basil
2 cups	mozzarella, shredded
½ cup	green onions, chopped
1 large pkg.	Lasagna noodles, cooked
1#	shrimp
1#	scallops
1#	crabmeat
1/3 cup	dry white wine

1. Saute garlic in butter, stir in flour and salt.
. Cook, stirring constantly until bubbly.
2. Remove from heat, stir in milk, broth and wine, bring back to a boil stirring constantly.
3. Boil for 1 minute, add cheeses, green onions, basil and pepper
4. Cook until cheeses are melted.
5. Spread 1 ½ cups of the sauce in an ungreased pan, alternate layers of sauce, noodles and seafood. Cover with layer of mozzarella cheese.
6. Bake in 305 deg. oven for 35-45 minutes.



Patti Byrne-Walker '57 E Z Lasagna

Harry, I think this is the best recipe EVER in only 5 steps:

Step one..... Go to Costco

Step two..... Buy the large box of PREMADE Lasagna

Step three.... Go home and pop it in the oven

Step four Enjoy

Step five Grab your mate for some lovin' cause you don't have to do no damn dishes!!



Sue Aldridge-Bennett '64 Not Tweaked Lasagna

The attached Lasagna recipe is one I "borrowed" (don't ask :-)) from my ex's Italian mother-in-law, and it is delicious. As with most cooks, I generally tweak recipes to suit my taste, but with this recipe, I prepared as directed.

Mangia!

Brown meat slowly, spoon off fat. Add remaining ingredients and simmer uncovered 20-30 minutes
Boil 8oz lasagna noodles 10 minutes, drain and rinse.
Cut to pan size.

Sauce:

1 lb	Italian sausage (hot or sweet)
1 clove	garlic minced
1 Tbl	basil
1 tsp	salt
1 can	tomatoes
2- 6oz	cans tomato paste
2 cans	water

Filling and layer ingredients:

8 (or more) thin slices Italian ham (capicola)
3 c ricotta cheese
1lb mozzarella (thinly sliced)
½ c parmesan or Romano
2 Tbl parsley
2 eggs (beaten)
Salt and pepper to taste

Combine ricotta and parmesan cheeses, parsley, eggs, salt and pepper.

Spray oil in lasagna pan and add about 1/3 c sauce to bottom of pan.

Layer ½ of noodles, cheese mixture, mozzarella, Italian ham and meat sauce – repeat.

Cook at 325 degrees for 45 minutes or longer, depending on your oven.



Here are a couple of lasagna recipes for the cookbook. The first one is a quick and easy one that can be used as a good-sized appetizer or as a side dish. The second one is a typical Italian recipe.

Steve Cotter
Sweet mini Pepper and Meat Lasagna

Ingredients:

1 lb sweet mini peppers, halved and seeded
2 Tbs olive oil, divided (EVOO)
1 lb ground beef
1/2 tsp powdered garlic
1 tsp powdered onion
8 oz tomato sauce (Prego may be substituted)
8 oz Mozzarella cheese shredded
4 oz Parmigiano-Reggiano grated

optional: Italian seasoning to taste

Preheat oven to 375 F. Grease a 6" x 6" pan. Pam works well.

Place peppers on a sheet pan and drizzle with 1 tablespoon of olive oil. Roast for about 10 minutes, or until very tender. Remove from the oven and let cool.

Heat 1 tablespoon olive oil in a sauté pan over medium heat. Add ground beef, 1/2 teaspoon garlic powder and 1 teaspoon onion powder and cook, careful not to burn. Mixing and crumbling until brown, about 5 minutes. Add tomato sauce to the pan and cook for another 5 minutes. Stir often so as not to burn the tomato sauce, watch for splatter.

Remove from the heat and let cool.

Place 1/3 of the peppers evenly in the prepared pan. In even layers, add half the meat sauce, then half the Mozzarella cheese and another 1/3 of the peppers. Repeat the layers. Spread Parmigiano-Reggiano evenly over the top.

Bake for 15 minutes or until the cheese is melted and the top is a light brown. Serve immediately. Makes 4-6 servings



Steve Cotter Baked Lasagna

Cook lasagna noodles in boiling salted water (add a few drops of olive oil to the boiling water so noodles don't stick together.) Cook as directed on the package. Drain noodles immediately and immerse noodles into cold water to stop the cooking.

In a greased shallow casserole (or lasagna pan), arrange a layer of noodles. Spread a layer of Ricotta cheese over this, then a layer of spaghetti sauce, then a layer of Mozzarella cheese, topping all with a sprinkling of Swiss

Ingredients:

- 1 12oz. package lasagna noodles
- 1 lb Ricotta cheese
- 1/2 lb Mozzarella, sliced thin
- 1/2 lb grated Swiss cheese
- salt and pepper to taste
- 2 jars spaghetti sauce or my homemade sauce below (optional)**
- grated Parmesan cheese to suit

Homemade Spaghetti Sauce**

- 1 lb. ground beef
- 4 Tbs extra virgin olive oil (EVOO)
- 4 Tbs butter
- 4-5 stalks celery, chopped
- 4 onions, chopped
- 4 cloves garlic, chopped fine
- 1/4 tsp thyme
- 1/4 tsp rosemary
- 1/2 cup parsley, chopped fine
- 1/2 cup dried Italian mushrooms, soaked in 1 cup hot water and then chopped
- 1 lg can solid pack tomatoes, mashed
- 6 8 oz. cans tomato sauce
- 1-1/2 cups water
- 1 cup white wine (preferred a Chablis)
- 1 tsp sugar
- salt and pepper to taste

cheese. Repeat layers in this order until all ingredients are used, ending with a layer of sauce and a sprinkling of grated Parmesan cheese.

Bake at 350 F for 50 minutes. Remove from oven and let stand about 15 minutes so that it will be easy to cut. Makes 8 servings

Brown the meat in olive oil and butter. Add celery and onions until brown, then add garlic. Salt and pepper to taste; then add spices, mushrooms with their liquid, tomatoes, and tomato sauce. Rinse the tomato cans with water and add to sauce along with wine and sugar. Cook for 3 hours over low heat, stirring occasionally. Feel free to "doctor-up" my sauce with your favorite herbs, etc. to fit your taste. Remember to stir the sauce as tomatoes burn easily. For a thicker sauce, just cook a little longer. Enjoy!



Harry Diavatis '62 Moussaka

There is not really a significant difference in the ingredients of lasagna versus the Greek Mousska or Pastitsio. The primary difference is we use eggplant slices instead of noodles and we cover the dish with Bechamel which is a white sauce, rather than mozzarella.

Call it Greek Lasagna, if you must, but it's got a personality of its own. I thought I would throw it in here because of the similarity of ingredients and also, for a change of pace.

Moussaka can be any dish of layered vegetables and ground meat, and dishes with the same or similar names are prepared in several areas of the world. Other Greek versions call for potatoes, and zucchini, or a combination, but this is the classic known worldwide. Moussaka is generally served in large portions.

PREPARATION:

Wash eggplants and trim off stems.

Cut eggplant lengthwise into 1/2-inch slices. Put slices in a large bowl or on a tray, sprinkle liberally with salt and let them sit for 30 minutes. Rinse well, drain, and pat dry.

Brush slices lightly on both sides with olive oil and sauté them until lightly browned and soft. Remove and set aside to cool.

Note: If you've never fixed this before, there are two reasons often given for salting the eggplant: (1) to remove

Ingredients:

5-6 med.	Globe eggplants (about 5-6 pounds)
	salt
	olive oil
4 med	onions, chopped
2 1/2 lbs	ground beef
3 cups	chopped ripe tomatoes with juice (or canned tomatoes)
3 cloves	garlic, minced
1/2 tsp	cinnamon
1/8 tsp	allspice
2	bay leaves
1 cup	grated parmesan
1/2 cup	dry red wine
3 tbsp	tomato paste
	freshly ground pepper
6 cups	basic béchamel (see recipe for the béchamel below)

any bitterness, and (2) to absorb some of the natural liquids. You don't want your finished product to be watery.

Preheat the frying pan or skillet over low heat.

When the pan is hot, add 2 tablespoons of oil and increase the heat to medium low.

Sauté the onions until translucent.

Add the meat and continue to sauté until lightly browned.

Add tomatoes, salt, pepper, garlic, cinnamon, bay leaves, allspice, wine, and tomato paste, and mix well. Reduce heat, cover, and simmer until all the liquid has been absorbed, about 45 minutes to an hour.

Note: If there is still liquid in the pan, continue to simmer uncovered, stirring to prevent sticking, until the mixture is as dry as possible. To prevent the final dish from having too much moisture, this step is crucial.

When dry, remove the bay leaves, and set aside uncovered until ready to use.

While the sauce is simmering, make 6 cups of béchamel, cover, and set aside. [The recipe for the Bechamel sauce is at the end of the cookbook.](#)

Preheat the oven to 350F.

Lightly oil a large baking or roasting pan. Place a layer of eggplant slices (it's ok to overlap) and spread the meat mixture evenly on top. Cover with the remaining eggplant slices, and carefully pour the béchamel sauce evenly over the top. (You can make three levels if you have enough meat sauce and eggplant slices. I wouldn't make it any taller.)

Bake for 30 minutes, then sprinkle the cheese over the top, and continue to cook for another 15 to 30 minutes, until golden brown.

Remove the moussaka from the oven and allow to cool for 20-30 minutes. Moussaka is traditionally served warm, not hot, and can also be eaten at room temperature.

Yield: approximately 8 servings

Note: If you don't like eggplant, you can substitute sliced potato or even zucchini instead. Some cooks prefer to use both potatoes and eggplant, so begin with a layer of potato, then a layer of eggplant, then the meat mixture followed by another layer of potato/eggplant and finally covered with the sauce



Harry Diavatis Pastitsio

Pastitsio is a Greek and Mediterranean baked pasta dish including ground beef and béchamel sauce in its best-known form. The Italian dish *pasticcio di pasta* is a version of pastitsio.

There are three components in the construction of this famous pasta casserole dish, and each must be attended to individually before combining them to achieve the final product.

The first component is a ground meat sauce.

If you do not happen to have a Greek market, deli, or bakery nearby, and simply cannot find the Greek pasta, you can use either one of two more widely available Italian pasta shapes which are similar to the Greek noodle, these are as follows:

Buctani: A thick Spaghetti style pasta which is hollow through the center or *Ziti*: A larger diameter long-cut and smooth surface hollow (tubular) pasta shape. It is also possible to use *Penne* pasta for this dish.

Ingredients

The Meat Sauce

1 ½ lbs.	ground veal or beef
1 large	onion finely diced
1 tsp.	dried rosemary
2	bay leaves
2	cloves of garlic, grated
1 ½ cups	fresh strained tomato juice (or ¼ cup tomato paste diluted in 1½ cups of water.)
¼ cup	white wine
¼ - ⅓ cup	extra virgin olive oil
	Salt and pepper to taste

I use a CorningWare 2.5-qt. Oval Casserole without the lid to bake my Pastitsio. The depth of this type of baking dish allows for a nice layered height in the finished product. As with many Greek recipes, and most especially with casseroles, this dish is best consumed on the following day after its baking; simply refrigerate and heat well before cutting and serving.

The Pasta

1 lb.	Greek No. 2 pasta or Bucatini, Ziti, or Penne
2 tbsp.	extra virgin olive oil
3	egg whites, beaten (the yolks will be used in the béchamel sauce)
¼ cup	grated Parmesan cheese

Now, time to assemble:

Heat the olive oil in a large pan and sauté the diced onion(s) over a medium heat until soft. Add the ground veal to the pan and break it up thoroughly. Keep stirring constantly over a medium high heat for 5 minutes or so to brown all of the meat and mingle it completely with the onion.

Once the meat is completely browned, add the rosemary, garlic, wine, and the fresh tomato juice (or tomato paste diluted in water) to the pan along with salt and pepper to taste, and mix well. Bring to a boil, add the bay leaves and make sure to immerse them in the sauce, then reduce the heat to medium-low and cover the pan with its lid leaving it only slightly uncovered to allow the excess water to evaporate as steam. Simmer for about 30 minutes or so. Stir the sauce occasionally. When ready, the meat will have absorbed the liquid in the pan. Remove the bay leaves and set aside when done.

NEXT: Cook the Pasta

Bring a large pot of water to a rolling boil, add the pasta to the water and parboil it until soft but not fully cooked (about 3/4 of the suggested cooking time on the package).

NOW make the béchamel sauce.

Lastly, there is the Béchamel (i.e. White) Sauce that is poured over the top of the assembled casserole before it goes into the oven, and which forms a wonderful top layer and slight crust to the dish. The recipe for the Behamel is at the end of the cookbook since its used for the Moussaka as well at the Pastitsio

BACK to the Pasta

Drain the water completely from the pasta pot and return pot with pasta to the heat, add the two tablespoons of olive oil to the pasta and mix well to ensure a thorough coating of oil as we do not want the pasta to get sticky. Remove the pot from the heat, let stand for a few minutes to cool and then add the egg whites to the pasta, along with the ¼ cup of grated Parmesan cheese and mix well, then set aside momentarily.

Rub a little olive into the sides and bottom of your baking dish, and then add about two-thirds of the pasta to the dish to form a bottom layer. Make sure to spread the pasta evenly in order to completely cover the bottom of the dish, make sure not to leave any empty spaces.

Spread the meat sauce over the top of the bottom pasta layer, ensuring to distribute it evenly and right to the edges of the casserole. The meat layer must be of uniform thickness and must not have any gaps.

Add the remaining pasta otop of the meat layer, distributing it evenly.

Pour the béchamel sauce over of the final pasta layer, make sure to cover the entire surface area of the dish.

Time to Bake:

Place the casserole uncovered in an oven pre-heated to 350°F and bake for approximately 30 minutes, or until the béchamel sauce is golden brown.

Remove casserole from oven and set aside to cool before serving. As already mentioned above, this dish is best served on the following day after its baking. However, if you must eat it on the same day, make sure it has a chance to cool for at least 30 minutes before cutting it into pieces. Do not make the mistake of cutting it before it has had a chance to cool, you will end up with messy servings. Cut it only when it has cooled, (ideally overnight in the refrigerator) and warm the pieces before serving.

Makes approximately 8 generous servings

Bechamel Sauce***Ingredients***

6 cups	scalded milk
1 cup	all-purpose flour
¾ cup	grated Parmesan cheese
½ cup	salted butter
3	egg yolks, well beaten
½ - 1 tsp	ground nutmeg
½ tsp	fresh ground black pepper

PREPARATION:

In a saucepan, melt the butter on low heat. As soon as it melts, add the flour and stir with a wooden spoon until there are no lumps, and increase the heat to medium-low. Add the milk slowly, stirring constantly with a whisk, and continue stirring until the sauce begins to thicken - creamy without being too thick.

Remove from the heat and stir in salt, pepper, and nutmeg. Stir in the egg yolks and return to the heat, whisking briskly until well blended. Remove from heat and set aside until ready to use.

Yield: 6 cups

This is the third cookbook that we have edited for the Monday Update. If you want to access the first two, Garden Cookbook and Holiday Cookbook go to www.vhs62.com and click on Harry's Archives and scroll to the bottom.

Mexican Lasagna

1 ½ # ground beef
1 lg can refried beans
1 sm pkg lasagna noodles

Brown ground beef- season as desired. Add beans to meat.
Layer uncooked noodles, meat mixture—Repeat —9x13 in pan
Add 2 cup water- and 2 cup salsa. Pour over above.
Bake @350 oven for 45 minutes, cover with foil.
Remove from oven & top with sour cream, green onions, olives & yellow
& white cheese.
Bake 10 more minutes uncovered.