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| **S3** | **Beef Lasagne (lesson 2)** |

**Success Criteria**

* Identify nutrients present in the ingredients used in this recipe and explain why these are important for teenagers
* Successfully make product in a safe and hygienic manner.

**Ingredients**

**Cheese sauce**

25 g margarine

25 g plain flour

300 ml semi-skimmed milk

50 g mature cheddar cheese, grated

salt and pepper

**Other ingredients**

4 sheets of lasagne

Garnish

**Meat sauce made from previous lesson**

**Method**

Set oven 200oC / gas 6

**Cheese sauce**

1 Melt the margarine, add the flour and stir to make a roux. Cook for one minute.

 Remove from the heat.

Add the milk gradually to the roux, stirring continuously.

Bring to the boil and simmer gently for five minutes.

Add 2/3 of the grated cheese and mix. Taste and season as required.

2 Place half of the meat sauce in a dish, cover with two sheets of lasagne and half of the cheese sauce. Repeat these layers.

3 Sprinkle the remaining 1/3 of the grated cheese evenly over the top of the lasagne.

4 Bake for 25 minutes until it is ready and the lasagne is golden brown in colour.

5 Garnish and serve.