



Massimo`s Ricotta and Spinach Lasagne

Who better to ask, than the world famous Italian restaurant of Hout Bay, to make the most delicious Spinach Ricotta Lasagne with Spinach from our Love In a Bowl gardens. Massimo`s Head Chef Natasha Matimba walked us through the whole process of making this scrumptious fresh meal from scratch!

This week`s vegetable



SPINACH LASAGNE

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Servings: 6
Prep time: 1.5hr
Cooking time: 30min

PASTA SHEETS INGREDIENTS:

2 ½ cups Cake flour
3 large eggs
Pinch of salt

METHOD

1. To make the pasta, mound your flour on a large pastry board, or the counter with the salt, and make a well in the centre.
2. Break the eggs, and yolks into this well, and start to scramble each egg with a fork as it is being added.
3. Start to incorporate the eggs and flour by slowly bringing more flour in from the inside edges of the well. Continue mixing the flour with the eggs until they are no longer runny.
4. Using your hands now, bring the outside edges in, forming a large mass on your board.
5. Begin to knead the ball of dough as you would bread, pushing it down with the heel of your hand.
6. Continue kneading until the dough is smooth and satiny, for about 5 to 7 minutes.
7. Wrap the prepared dough in plastic wrap, and let it sit for about 30 minutes.
8. Use a pasta roller or roll by hand to make long sheets of pasta 2cm thick. (I use my Kitchen Aide table mixer with the pasta attachment and roll my pasta to the third last position or to number 4 on the dial.)
9. After rolling, cut into 10 cm long strips, and precook in boiling water for 30 seconds, then place in ice water.
10. Dry and set aside on clean kitchen towels.

BECHAMEL SAUCE

- ½ cup butter cubed
- ½ cup flour
- 2-3 cups full cream milk
- ½ medium onion
- 1 bay leaf
- ¼ teaspoon ground/grated nutmeg
- Salt & pepper to taste
- Table spoon mascarpone
- 1-2 cups grated parmesan cheese

METHOD

1. Put the milk, bay leaf, onion half and nutmeg in a pot and bring to a gentle simmer for about 8 min.
2. Add in the butter and stir until the butter is completely melted.
3. Remove the half onion and the bay leaf. >>

4. Mix the flour with a bit of cold water into a runny paste, making sure it has no lumps in it. Add this mix to your warm milk while constantly stirring. Let it simmer for 10 min while constantly stirring until the sauce thickens.
5. Add in the parmesan and mascarpone, stir till the cheese has totally melted.
6. Season with the salt and pepper to taste
7. Place to one side to cool down to room temperature. 23 mg of phosphorus 163 mg of potassium 0.1 mg of zinc.

Ricotta and Spinach Lasagne - Filling

- ± 300 g lasagne sheets from the pasta you made earlier
- 400 – 500 g spinach, well rinsed, ribs removed and roughly sliced
- 500 g ricotta cheese
- 1 extra large egg
- ½ cup (125 ml) grated parmesan cheese, nutmeg, salt and pepper

Adjust the oven rack to the middle position. Preheat the oven to 180°C. Place the wet spinach and cubes of butter into a large frying pan and wilt the spinach down over a high heat until wilted, not totally cooked. Set aside to cool down for about 10 min. Place the ricotta, egg, half the parmesan, nutmeg, and cooled spinach in a large mixing bowl and gently work together.

TO ASSEMBLE

Using a 30 cm x 24 cm ovenproof dish spread 1/3 of the spinach mixture into the dish. Layer with 1/3 of the pasta sheets. Layer bechamel sauce on top. Continue in this way until you have used all the spinach and pasta and most of the bechamel. Do make sure you have enough bechamel to put on top of the final layer. Pour the bechamel over the final pasta layer and sprinkle the leftover grated parmesan over the top. Leave to rest for 30 minutes, at room temperature, if time permits, before baking. Bake for 35 – 40 minutes until golden. If the lasagne was made well in advance and refrigerated, it needs an extra 5 minutes baking time.

Serve piping hot.



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