

Stage 5 Food Technology: Food trends

Practical work: Functional properties of food

Lasagne

Ingredients (between 2)

8 pre-cooked lasagne sheets

Bolognese sauce:

1 tablespoon oil

1 onion

1 clove garlic

400g mince

1 tablespoon tomato paste

500ml tomato puree

1 tin tomato pieces

1 teaspoon chopped parsley

salt and pepper

1 cup mozzarella cheese

2 tablespoons Parmesan cheese

Béchamel sauce:

40g butter

40g flour

500ml milk

Method for Bolognese sauce

1. Heat oil in a saucepan and sweat the onion.
2. Add the garlic and mince and fry quickly until all the meat is coloured.
3. Add the tomato paste and cook for 2 minutes. Then add the puree and tomato pieces, parsley, salt and pepper and cook over a simmering heat for 15–20 minutes.

Method for Béchamel sauce

1. Melt butter in a saucepan.
2. Add the flour and mix well over a moderate heat, stirring all the time.
3. Add milk slowly and stir with a wooden spoon to make a silky smooth sauce. Stir constantly until it thickens.

Method for preparing the Lasagne

1. Select a heatproof serving dish and grease the bottom and sides.
2. Spread a layer of Bolognese sauce in the dish and cover with the lasagne sheets.
3. Sprinkle with mozzarella cheese and spread a layer of the Béchamel sauce. Sprinkle with Parmesan cheese.
4. Cover the cheese with lasagna and add another layer of the Bolognese sauce.

5. Repeat the process to use up the ingredients, but make the last layer Béchamel sauce.
6. Sprinkle with grated cheese.
7. Bake in an oven at 190C for 20–30 minutes.

Activity questions for the Lasagne practical

- What structural change has the mincemeat undergone?
- What proteins are found in the mincemeat?
- What factor has contributed to the change in the mincemeat?
- Why has the red mincemeat turned brown?
- What type of carbohydrate is found in the flour used in the béchamel sauce?
- What factor has contributed to the change in the sauce?

