



Ingredients

Serves 10

- 2 tbsp olive oil
- 800g (1¾lb) lamb shoulder meat, cubed
- 2 onions, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 clove garlic, chopped
- 2 tbsp tomato purée
- 2 bay leaves
- a few fresh thyme and parsley sprigs, chopped
- a fresh rosemary sprig, leaves chopped
- fresh basil leaves, torn
- 400ml (14fl oz) red or white wine
- 400ml (14fl oz) beef or veal stock
- 400g (14oz) tin chopped tomatoes
- 500g (1lb) fresh lasagna sheets

for the white sauce

- 40g (1½oz) butter
- 40g (1½oz) plain flour
- 400ml (14fl oz) milk
- 2 medium-sized mozzarella balls, chopped
- freshly grated nutmeg
- 100g (4oz) Parmesan cheese, grated
- sea salt and freshly ground black pepper

My Kitchen Table: My Kitchen Table: 100 Foolproof Suppers

Slow-cooked Lamb Shoulder Lasagna

Lasagna fan? You might want to try this.

Step one

Preheat the oven to 160°C/325°F/gas mark 2. Place the oil in a large casserole over a medium heat. Add the meat in batches and fry until it is nicely golden brown all over. Remove with a slotted spoon and set aside. Reduce the heat and throw in the onions, carrots and celery. Cook for 15 minutes or until the vegetables have softened and gone slightly golden. Add the garlic for the last 2 minutes of cooking.

Step two

Stir in the tomato purée and cook for 1 minute. Add the herbs, wine, stock and tomatoes. Return the meat and all its juices to the pan. Give it a good stir, then cover and place in the oven. You want the meat to be really soft and the sauce to thicken and become rich. After 2 hours remove the casserole from the oven and leave it to rest for 10 minutes, then go to the meat with two forks and shred it to bits. The meat should break up as you squish it a little with the back of a wooden spoon.

Step three

To make the white sauce, melt the butter in a pan over a low to medium heat. Stir in the flour and cook for 1 minute. Take the pan off the heat and gradually whisk in the milk, little by little, stirring like crazy until combined and smooth. Stir in the chopped mozzarella and a few gratings of fresh nutmeg. Season to taste and set aside.

Step four

Drop the lasagna sheets into a large pot of boiling water for 1 minute then drain them. Drizzle some olive oil on to the sheets to keep them separate. To build the lasagna, spread a layer of meat sauce over the bottom of a large lasagna dish. Spoon over a little of the white sauce. (The ratio should be about two-thirds meat to one-third white sauce.) Repeat 3 or 4 times, depending on the size of the dish, then spoon over the remaining white sauce to cover completely. Sprinkle with grated Parmesan. Bake for 45–50 minutes until the top is golden.

Extracted from Gizzi Erskine's *100 Foolproof Suppers*, part of the My Kitchen Table series



My Kitchen Table: 100 Foolproof Suppers by Gizzi Erskine

Paperback: 208 pages

Publisher: BBC Books

ISBN: 9780753540589

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