

A Taste of Italy Fresh from the Island.



Archer Family & the Fairburn Water Buffalo
 Fairburn Farm, Vancouver Island

Lasagne di Bufala

DWANE MACISAAC CHEF/OWNER PASSIONEAT FOODS, VICTORIA BC

Ingredients

9 fresh lasagne sheets
 500g fresh **Natural Pastures**
Mozzarella di Bufala Fairburn
 100g freshly grated parmesan

Meat sauce

1 tbsp. extra virgin olive oil
 6 cloves garlic, finely chopped
 1 onion, finely chopped
 300g ground veal or beef
 300g ground pork
 2 tsp. plain flour
 Vancouver Island sea salt
 Freshly ground pepper
 Pinch of sugar
 2 tbsp. balsamic vinegar
 700ml tomato puree
 400g canned diced tomatoes
 2 large handfuls basil leaves

Béchamel Sauce

50g unsalted butter
 600ml milk
 2 tbsp. plain flour

Preheat the oven to 375°F. Adjust the oven racks so the dish can sit in the middle.

To make the meat sauce, heat the oil in a large, heavy-based frying pan over medium heat. Cook the onion, stirring occasionally, until softened but not browned. Add the garlic and cook until fragrant.

Increase the heat to medium-high and add the meats and a pinch of salt and pepper. Cook, breaking up the meat with a wooden spoon, for 4 minutes or until it loses its raw colour but is not browned.

Add the flour and cook, stirring, for 2 minutes. Add the vinegar and cook, stirring occasionally, until it has almost evaporated. Add the sugar, tomato puree and tomatoes, and simmer for 10 minutes or until the sauce thickens slightly.

Check the seasoning, stir in the basil and set the meat sauce aside.

Béchamel Sauce

Melt the butter in a heavy-based saucepan over low-medium heat.

Add the flour and cook, stirring, for 1-2 minutes. Remove the pan from the heat and add the milk all at once, whisking constantly, to avoid any lumps. Return the pan to the heat and keep whisking, until the sauce boils and thickens. Remove from the heat and season.

To assemble the lasagne, spread a quarter of the meat sauce in the base of a lasagne dish. Place 2 lasagne sheets over the sauce. Spread another quarter of the sauce over the pasta, then a third of the mozzarella, torn into pieces. Continue layering the pasta, meat sauce and mozzarella two more times. Pour the béchamel sauce evenly over the final layer of mozzarella and sprinkle with parmesan.

Cook the lasagne for 30 minutes or until the cheese is bubbling. Let the lasagne stand for 10 minutes before serving.



Local, rich flavour
 in the old world
 tradition. Mozzarella
 di Bufala hand-crafted
 in the Italian style
 right here on
 Vancouver Island.