



**COOKING CLASSES**  
AT SUR LA TABLE

**PREP NOW, EAT LATER:  
HOMEMADE LASAGNA**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- ☐ 1 pound Italian sausage (if making meat sauce version)

## Produce

- ☐ 1 medium yellow onion
- ☐ 7 garlic cloves
- ☐ 1 package fresh basil
- ☐ 1 1/2 pounds cremini mushrooms (if making mushroom sauce version)

## Dairy

- ☐ 4 large eggs
- ☐ 7 tablespoons unsalted butter
- ☐ 2 1/2 cups whole milk
- ☐ 1 1/2 cup Parmigiano-Reggiano cheese

## Pantry Items

- ☐ Unbleached all-purpose flour
- ☐ Kosher or sea salt
- ☐ Extra-virgin olive oil
- ☐ Semolina flour
- ☐ Red pepper flakes
- ☐ Granulated sugar
- ☐ Fennel seeds (if making mushroom sauce version)

## Dry/Canned Goods

- ☐ Tomato paste
- ☐ 1, 28-ounce can crushed plum tomatoes

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- ☐ Chef's knife

## Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Bench scraper
- ☐ Digital scale (optional)
- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Fork
- ☐ Can opener
- ☐ Wooden spoons
- ☐ Cheese grater or microplane
- ☐ Slotted spoon or spider
- ☐ Colander
- ☐ Spatula

## Cookware

- ☐ Large skillet (red sauce)
- ☐ 2 large saucepans (béchamel sauce and boiling pasta)

## Appliances

- ☐ Stand mixer with pasta rolling attachments or tabletop pasta rolling machine (required)

## Bakeware

- ☐ Casserole size baking dish (about 15 x 10 x 2-inch baking dish)

## Other

- ☐ Plastic wrap
- ☐ Parchment paper
- ☐ Aluminum foil (omit if your baking dish has an oven-safe lid)

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Homemade Pasta Dough**

1. Clean, flat surface to knead dough on.

### **Cooking Lasagna**

1. At the end of this class you will have an assembled lasagna. You can decide to bake it immediately after assembly or refrigerate or freeze for future baking.
2. Baking instructions begin at step 5 of the homemade lasagna recipe.

## LASAGNA NOODLES

***Yield: 4 servings***

Fresh pasta dough is so easy to make, you'll wonder why you never did it before.

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*2 1/2 cups (12 1/2 ounces) unbleached all-purpose flour, plus more for dusting*

*1 teaspoon fine sea salt*

*4 large eggs*

*1 tablespoon extra-virgin olive oil*

*Semolina flour, for dusting pasta and surfaces*

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1. ***To make the dough:*** Place flour and salt in a large mixing bowl and whisk to combine. Make a "well" in the center of the flour mixture and add eggs and oil. Using your fingers, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed; about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

2. ***To roll out and cut the dough:*** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 4 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin, roll the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the dough so one open end faces the machine and roll it through on the widest setting again. Fold, turn and roll once more on the widest setting.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time, until the desired thickness is reached. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. Cut rolled pasta sheets into sections that will fit inside the lasagna baking pan; set aside covered with a clean kitchen towel. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

## HOMEMADE LASAGNA

***Yield: 8 servings***

Both the sauces can be made one day in advance, then cooled and refrigerated. Just rewarm separately over low heat before assembling lasagna. Or you can prepare and assemble the entire lasagna, cover and refrigerate 8 hours before baking. If lasagna is cold, add 15 to 20 minutes of baking time.

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### ***Italian Sausage Sauce (For Vegetarian Version Follow Mushroom Sauce Recipe below)***

*1 pound Italian sausage, casing removed*  
*1 medium yellow onion, peeled, halved and chopped into 1/4-inch pieces*  
*1 tablespoon minced garlic*  
*1/2 teaspoon dried red pepper flakes*  
*2 tablespoons tomato paste*  
*1 28-ounce can crushed plum tomatoes*  
*2 tablespoons roughly chopped fresh basil leaves*  
*Sea salt and freshly ground black pepper*  
*Granulated sugar (optional)*

### ***Parmesan Béchamel Sauce:***

*5 tablespoons unsalted butter, plus more for buttering dish*  
*4 garlic cloves, minced*  
*5 tablespoons unbleached all-purpose flour*  
*2 1/2 cups whole milk*  
*1/2 cup freshly grated Parmigiano-Reggiano cheese*

*1 recipe Lasagna Noodles (recipe included)*  
*1 cup freshly grated Parmigiano-Reggiano cheese, divided*

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- 1. To prepare the Italian sausage sauce:*** To a large skillet set over medium-high heat, add sausage and onion. Cook until sausage is browned and onion is softened, breaking the sausage into crumbles with a wooden spoon, 10 to 15 minutes. Drain excess fat, if necessary.
- 2.*** Add garlic, red pepper flakes and tomato paste and continue to cook, stirring frequently, until fragrant, about 2 minutes. Add tomatoes and bring sauce to a simmer. Cook until thickened to a sauce-like consistency, about 15 minutes. Add basil and stir to incorporate. Taste and adjust seasoning with salt, pepper and sugar. Keep warm until ready to use.
- 3. To prepare the Parmesan Béchamel sauce:*** Melt butter in large saucepan over medium heat. Add garlic and cook, stirring often, until the garlic has softened, 3 to 4 minutes. Whisk in

flour and cook, stirring constantly, 3 to 4 minutes. Gradually whisk in milk. Continue whisking and cooking until thick enough to coat the back of a spoon, 8 to 10 minutes. Remove from heat, taste and adjust seasoning with salt and pepper; whisk in cheese. Reduce heat to low, cover and keep warm over low heat.

4. **To cook the lasagna noodles:** Place a large pot of salted water on high heat and bring to a boil. Working in batches, carefully add 3 to 4 noodles to the pot and cook until al dente, 2 to 3 minutes. Using a slotted spoon or spider, transfer cooked noodles to a colander, rinse under cold water and drain well. Pat noodles dry.

5. Preheat the oven to 400°F and place a rack in the center. Generously butter the bottom and sides of a 15 x 10 x 2-inch glass or ceramic baking dish. Cover the bottom of the dish with a single layer of noodles. Spread 1/2 a cup of béchamel over noodles. Spread 1 cup Italian sausage sauce over béchamel. Sprinkle with 1/4 cup grated Parmigiano-Reggiano. Repeat 3 more times, layering noodles, béchamel, Italian sausage sauce and cheese. Top lasagna with a layer of noodles, cover with remaining béchamel and sprinkle with remaining 1/4 cup of Parmigiano-Reggiano cheese. Cover with a layer of parchment paper, then with aluminum foil.

6. Place assembled lasagna in preheated oven and bake until sauces bubble along the edges, about 30 minutes. Uncover, return to the oven and bake until the top is browned, about 10 more minutes. Remove from oven and allow lasagna to stand for 20 minutes before cutting into squares and serving.

## MUSHROOM RED SAUCE

**Yield:** 8 servings

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### **Mushroom Sauce:**

*2 tablespoons olive oil*

*1 1/2 pounds cremini mushrooms, cleaned and cut into quarters*

*1 medium yellow onion, peeled, halved and chopped into 1/4-inch pieces*

*1 tablespoon minced garlic*

*1/2 teaspoon dried red pepper flakes*

*2 teaspoons fennel seeds*

*2 tablespoons tomato paste*

*1 28-ounce can crushed plum tomatoes*

*2 tablespoons roughly chopped fresh basil leaves*

*Sea salt and freshly ground black pepper*

*Granulated sugar (optional)*

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1. **To prepare sauce:** To a large skillet set over medium-high heat, add oil. When the oil is hot and shimmering, add mushrooms and onions. Cook mixture, occasionally stirring until browned, about 8 minutes.

2. Add garlic, red pepper flakes, fennel seeds and tomato paste. Continue to cook, frequently stirring until fragrant, about 2 minutes. Add tomatoes and bring sauce to a simmer. Cook until thickened to a sauce-like consistency, about 15 minutes. Add basil and stir to incorporate. Taste and adjust seasoning with salt, pepper and sugar. Keep warm until ready to use.

### **Recipe variations:**

- Any variety of mushrooms would work great in this recipe.