

# Pasta bake

# Serves 4

# Pasta al Forno

## Ingredients

Short Pasta, 500 gms  
Parmesan, grated, 4 tbsp

Salt to taste

### FOR THE RAGÙ

Minced beef 400 gms

Tomato Puree 600ml

Red Wine 100ml

White Onion, 1

Carrot, 1

Olive oil to taste

Salt to taste

### FOR THE BECHAMEL

Milk, 500ml

Flour, 65 gms

Butter 60 gms

Nutmeg & salt to taste

## Method

Preheat the oven to 180°C  
Prepare the Beschiamella as per other recipe.

Dice onion and peeled carrot. Fry gently in oil until browed. Then add the meat and brown it well. Deglaze with red wine and let it evaporate.

Add the tomato puree and add salt. Let the sauce cook for about 40 minutes

Boil the pasta in water with salt. Drain the pasta al dente, about two minutes before the time indicated. Mix the pasta, sauce and beschiamella, add half the parmesan. Grease a baking pan well, and add the pasta mix. Cover with the remaining cheese then bake for about ten minutes, or until the surface is well browned. Remove from the oven, let it rest for a few minutes and serve

Most country houses come with massive external ovens which would be lit once a week for the whole weeks cooking/baking. During the war they were often used to hide children. Fortunately, Child Pie never really caught on