

Ethiopian Lasagna

Makes Approx. 8 Servings

Another dish that has been largely influenced from the Italian occupations. The interesting facet of the dish is it is not cheesy, but meat rich. Also, as the Italian version is made with the pasta placed into layers and bread is used to push the pasta into a fork, the Ethiopian version is made with the meat mixture being rolled into the pasta making logs. The logs are then placed on a plate, then the diner will cut some and place it on a piece of Injera bread.

Amount	Size	Description
1	Lb.	Ground Beef – 85% Lean
2	Tbl.	Olive Oil
1	Large	Onion – Diced
8	Cloves	Garlic – Minced
¼	Cup	Warm Water with 1 Teaspoon Flour
1	Tbl.	Tomato Paste
2	Tea.	Old Norse World Cuisine Ethiopian Berbere
1	Tbl.	Smoked Paprika
1	Tbl.	Coriander – Ground
14	Oz	Can Diced Tomatoes
2	Whole	Bay Leaves
2	Tbl.	Dried Oregano
9	Ounces	Lasagna Pasta
2	Cups	Goat Cheese - Crumbled
-	-	Salt to taste
<i>Sauce</i>		
2	Tbl.	Unsalted Butter
4	Tbl.	Flour
2	Cups	Whole Milk
1	Tea.	Old Norse World Cuisine Ethiopian Berbere
-	-	Salt and Pepper to taste

1. Prepare the pasta per the package instructions.
2. Place the ground beef in a large bowl and add the olive oil, a pinch of salt, Ethiopian Berbere, smoked paprika, coriander, oregano. Mix thoroughly with your hands.
3. Transfer the ground beef mixture to a large skillet that is preheated to medium high. Add the ground beef and a tablespoon of oil. Stir the ground beef until cooked through.
4. Add the onion and cook until almost translucent.
5. Add the garlic, tomato paste and flour water mixture. Stir well.
6. Add the diced tomato, bay leaves and ½ cup water.
7. Simmer to reduce all liquid until a thick sauce is created.
8. Preheat oven to 400 degrees.



Tip: Bechamel Sauce – A thick and rich sauce that starts light that can be seasoned to bridge the flavors of the dish being created. It is important to first start with warm, not boiling, milk. Using cold milk will cause the sauce to have lumps. Also, adding the flour or milk too quickly will create lumps.

9. To make the bechamel sauce, heat the milk in a saucepan. Make sure to stir occasionally and pay attention so it does not burn.
10. In a separate saucepan, melt the butter.
11. Once the butter is melted, slowly add the flour, then stir until it is mixed well with the butter. Continue to add the flour until it is all combined well with the butter.
12. Slowly add a small amount of milk to the flour paste. Stir until the milk is mixed well with the flour. Continue to add the milk slowly and in small portions. Stop adding milk when the sauce is thick enough to run off the back of a spoon but leaves a thin film behind.
13. Stir in the Ethiopian Berbere to flavor the sauce.
14. Lay a strip of pasta flat on a work surface. Spoon some meat mixture on the pasta. Roll the pasta into a log. Place the seam along the bottom. Gently cut the pasta to make another log.
15. Repeat for the remaining pasta, making sure to leave half of the meat mixture.
16. Place the logs into an oven safe pan. Spread the remaining meat over the pasta logs.
17. Pour the sauce over the logs and meat.
18. Cover the pan and place in the oven for one hour.
19. Increase the temperature to 440 degrees and bake for another 10 minutes.
20. To serve, place a log on a plate and spoon some of the sauce over the top. Sprinkle some goat cheese over the presentation and serve with injera.

