

COMMENT

A four-week adventure begins leading to the most delicious lasagna ever

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PART 1

We're going to take you on a four-week adventure. At the end of the four weeks you are going to eat the most delicious lasagna you've ever had! This week we've shown you the recipe for Bolognese sauce, next week will be the béchamel, then the fresh pasta, then last, but not least, the lasagna itself.

Yes, you do have to make four recipes to end up with one pan of lasagna, but, boy-o-boy is it worth it! Kind of like the difference between homemade pizza with all homemade toppings and frozen pizza out of a box. No comparison at all. They actually should have different names.

The good news is you don't have to make everything on the same day. For the Bolognese, make it a few days in advance, then just warm it back up slightly before making into lasagna (it will be easier to work with if it is a



What's Cookin'

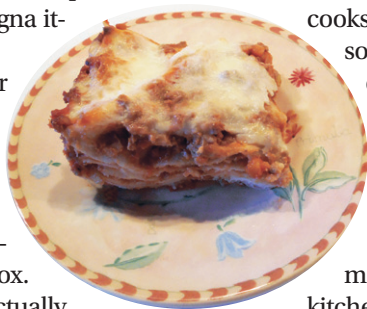
bit loose).

There's no real trick to the Bolognese, it just has to simmer long and slow in order to keep reducing. The meat is intended to be cooked over fairly low heat so that it cooks low and slow and stays soft, rather than searing over high heat. The meat will more easily be able to absorb all the other flavours if you do it this way.

This is a great recipe to make when you are in the kitchen doing something else, because it only requires your attention occasionally.

On another note: Happy Birthday this week to my partner in writing and mom—it's Gerry's birthday!

Have fun and keep cooking!



Bolognese Meat Sauce

INGREDIENTS:

- 2 tbsp butter
- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 130 g pancetta bacon, diced fine
- 250 g lean ground beef
- 250 g lean ground pork
- half cup white wine
- 1-28 oz can crushed tomatoes
- 2-3 cups beef stock
- half cup 35% cream
- salt and pepper to taste

METHOD:

1. Heat butter and oil in a large skillet until sizzling.
2. Add vegetables. Allow vegetables to soften. Add garlic.
3. Add pancetta and cook for approximately 10 minutes.
4. Add ground meats, lower the heat and cook gently for 10 minutes, stirring frequently and breaking up lumps of meat that may form.



5. Add wine. Continue simmering for five minutes or until slightly reduced.

6. Once there is little liquid left, add the tomatoes and one cup beef stock, bring to a boil. Stir well and reduce again.

7. Half cover the pan and leave to simmer for 90 minutes stirring occasionally.

8. Stir in more stock as it becomes absorbed.

9. Add the cream, stir well and simmer without lid for 30 minutes.

10. Salt and pepper to taste.

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ONTARIO ENERGY BOARD NOTICE

HAVE YOUR SAY AT OUR COMMUNITY MEETING

November 9, 2015, 7 p.m. - 9 p.m.

Halton Hills Hydro Inc. has applied to change its electricity distribution rates. This application will set rates for the next 5 years starting May 1, 2016.

The Ontario Energy Board (OEB) is hosting a meeting in your community so that you can:

- Learn more about **Halton Hills Hydro's** costs and rate application
- Find out how the OEB will review the application
- Provide your comments about the application to the OEB

If you would like to make a 5 minute presentation at this event, please pre-register at BoardSec@ontarioenergyboard.ca, or call 416-440-7605, by November 6, 2015. Pre-registration is not required to attend.

WHERE:

Acton Town Hall Centre

19 Willow Street North, Acton, ON L7J 1Z7

Formal presentations begin at 7:30 p.m. Refreshments will be served.

View the full application at OntarioEnergyBoard.ca/Consumers. Scroll down to the Applications section. Application number: EB-2015-0074



Ontario Energy Board
Commission de l'énergie de l'Ontario