

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Pastitsio

BY CHEF MARTY SLAVIN

Ingredients for pasta

3 ½ cups uncooked penne pasta
Salt
Extra virgin olive oil
3 tbsp. grated Parmesan

Ingredients for meat sauce

3 tbsp. olive oil
1 chopped large yellow onion
1½ lbs. ground beef
3 garlic cloves
Salt
½ cup red wine
28 oz. can crushed tomatoes
2 bay leaves
¾ tsp. ground allspice
½ tsp. ground cinnamon
¼ ground nutmeg
Pinch sugar

Ingredients for béchamel

½ cup, plus 2 tbsp. olive oil
¾ cup flour
½ tsp. salt, more if you like
¼ tsp. ground nutmeg
4 cups, 2% milk, warmed
2 large eggs

Directions

Preheat oven to 350°F. Cook the pasta to al dente. Drain and transfer to a 9½x13" baking pan. While still hot, drizzle a little more olive oil and sprinkle grated parmesan cheese. Toss to combine. Set aside.

Make the meat sauce. Heat olive oil over medium heat and sauté the onions until just golden, then add the beef and garlic. Season with salt and cook until meat is fully browned. Breaking up the meat with a wooden spoon. Carefully drain any excess liquid and return pan to heat. Add wine, crushed tomatoes, bay leaves, spices and a pinch of sugar. Mix to combine. Bring to a boil for 5 minutes, then lower heat and let simmer for 10-15 minutes. Taste and adjust seasoning.

Make the béchamel. In a large saucepan, heat olive oil over medium heat. Stir in flour, salt, and pepper. Cook until golden. Gradually add the warmed milk, whisking continuously. Continue cooking for 5-7 minutes until smooth and thick. Add Nutmeg.

In a small bowl, whisk a small amount to the hot béchamel with 2 eggs. They return the mixture to the remaining salt. Continue to stir for 2 minutes. Taste and adjust seasoning, and remove from heat.

Assemble pastitsio. Top the cooked pasta with the meat sauce. Top the meat sauce with the béchamel. Bake in the oven for 1 hour until golden-brown. Remove from heat and set aside for 10 minutes before serving.