One hundred grams of grated hard mozzarella cheese

Description

Ingredients

- **15.g of flour**
- **500 milliliters of milk**
- **One hundred grams of grated hard mozzarella cheese**
- **1. One onion, cut very finely**
- **a total of three minced garlic cloves**
- **Meat mince (either beef, hog, chicken, or turkey) weighing 700 grams**
- **200 grammes of tomato sauce**
- **As a cooking medium, vegetable oil**
- **For your taste, salt**
- **The addition of a pinch of meat seasoning, dried powdered nutmeg, and to taste**

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Preparation

Preheat your oven to 180 degrees Celsius (350 degrees Fahrenheit).

To prepare the pasta: Prepare the Stellini pasta in accordance with the directions provided on the box by cooking it in a big pot of salted water until it reaches the al dente. Drain, then keep away for later use.

Get the bÃ©chamel sauce ready by: To make a roux, melt the butter in a skillet over medium heat and then whisk in the flour until it is completely incorporated. While whisking continuously, gradually add the milk until you have a sauce that is completely smooth. Continue cooking until the sauce reaches the desired consistency. Salt and a dash of nutmeg should be used as seasonings.

The first step in preparing the meat is to heat a little amount of vegetable oil in a frying pan over medium heat. When the onion and garlic have become aromatic and tender, add them to the pan and sautÃ© them. Turn the heat up to high, add the meat that has been minced, and continue to cook it until it is browned. In the event that it is required, season with meat seasoning and more salt. After a few minutes of simmering, stir in the tomato sauce; continue to cook.

Put together the dish by: Half of the cooked pasta should be layered in a baking dish, followed by half of the meat combination, and then half of the bÃ©chamel sauce should be layered on top of that. The layers should be repeated one more.

Baking: Place the grated mozzarella cheese on top, being sure to spread it out evenly. To ensure that the cheese is bubbling and golden brown, bake it in an oven that has been warmed for around twenty minutes.

Serve: After taking it from the oven, let it to rest for a few of minutes before serving it warm. Then, enjoy the comforting tastes that your grandmotherâ??s recipe has to offer!

Useful Hints:

During the layering process, make sure that each layer is spread out equally so that each mouthful has the same flavor.

Seasoning: To get the desired taste profile, adjust the amount of salt and meat seasoning to suit your preferences.

In order to provide a sense of equilibrium throughout the meal, this dish is served with a light salad or vegetables that have been steamed.

This recipe offers a reassuring mix of carbs from the pasta, protein from the meat, and calcium from the cheese. It is highly recommended for those who are concerned about their health. Especially when served with a side of vegetables, it is a dish that may be included in a balanced diet since it is both satisfying and nutritious.

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In conclusion, bringing back the recipe that my grandmother used to make not only brings back fond memories to the table, but it also provides a chance to pass on a culinary heritage that is simple, delectable, and fast to prepare. When you take a bite of this meal, you will feel satisfied, regardless of whether you are having it for a hectic weekday supper or a special occasion. Delight in the blending of tastes and the anecdotes that accompany the dishes that originate from your family.

Category

1. Grandma Recipes

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