



VENISON LASAGNE



INGREDIENTS:

2 Tablespoons oil
2 chopped onions
4 cloves Garlic
Crushed 1Kg Venison Mince
1 courgette grated
2 carrots grated
3 x 400g cans chopped tomatoes
½ cup tomato puree
2 teaspoons Oregano
1 Teaspoon Basil
2 Teaspoons
Sugar
Salt
Pepper

METHOD:

Heat oil in a large frying pan. Add onion and garlic. Cook until onion is golden.

Increase heat. Add meat and brown well.

Add Courgette and carrots, canned tomatoes, tomato puree, oregano, basil and sugar. Stir. Bring to the boil then reduce heat and simmer for 30-40minutes or until the meat mixture has thickened slightly, stir occasionally.

Season with salt and pepper. Put aside until cool.

CHEESE SAUCE:

100g Butter
Salt
6 Tablespoons plain flour
Pepper
3 cups Milk
1 ½ Cups grated cheese

Melt the butter in a pot. Add flour and cook until frothy. Gradually add milk stirring constantly until the mixture boils and thickens. Remove from heat. Stir in cheese. Season with salt and pepper. Cover with a lid to prevent skin from forming. Set aside to cool.

Place half of the lasagne in a greased dish. Spread half of the meat mixture and half of the cheese sauce. Repeat layers. Top with some cheese

Cook at 180 for 20-30 minutes or until golden and heated through.