

Miele

Buckwheat And Red Lentil Lasagne

By Miele

2 hours

2 hours and 30 minutes

8

Serves



INGREDIENTS

200g black beans, soaked in water overnight
200g red lentils, soaked in water overnight
600ml stock, chicken or vegetable
1 bay leaf
1 brown onion, peeled and finely diced
1 large carrot, peeled and finely diced
1 stick celery, finely diced
1 clove of garlic, peeled and minced
2 sprigs of rosemary, finely chopped
500g beef mince (optional)
1 chorizo sausage, peeled and finely diced (optional)
60ml white wine
2 tbs tomato paste
2 tsp smoked paprika
600ml tomato puree (Passata) plus 400ml for topping
2 tbs Vino cotto
300g spinach, leaves blanched and squeezed
800g ricotta
6 sheets of buckwheat pasta
200g thinly sliced semi hard cheese
Olive oil for sautéing
Salt and pepper to taste

Ricotta

3l goat or cow milk
Pinch of salt
10g citric acid
130ml water

Buckwheat pasta

210g buckwheat flour
90g cornflour
400ml water
Salt to taste

METHOD

Ricotta

1. Place the milk into a solid steam tray, whisk in the salt then Steam at 100°C for 10 minutes.
2. Meanwhile dissolve the citric acid in the water.
3. Remove the hot milk from the Steam Oven and whisk in the citric acid solution. Stand at room temperature for 30 minutes covered with a clean tea towel, then refrigerate.

4. When the curds have cooled completely, pour the mixture into a muslin-lined sieve set over a bowl or pot to catch the whey.

The firmness of the curd depends on how long it hangs. For a creamy almost runny texture only hang for a few minutes, for

a texture like a soft cheese hang until there are no more drips from the muslin, 1-2 hours.

5. Transfer the curds to a clean container and refrigerate until required. Ricotta will keep for up to 5 days in an airtight container or vacuum sealing bag.

Buckwheat pasta

1. Using an immersion blender, whisk together the pasta ingredients in a deep mixing bowl. Cover with cling film and stand for at least 30 minutes.
2. Line 3 large steam or multi-purpose trays with cling film and divide the batter between each, then spread evenly to a thickness of 1mm. Alternatively, spray the solid steam trays with vegetable oil.
3. Place the trays into the Steam Oven and Steam at 100°C for 10 minutes.
4. Remove the pasta from the Oven and stand uncovered until cool. Cover with cling film and refrigerate until needed.

Lasagne

1. Drain the lentils and black beans, place into a food processor and pulse on high to create a loose crumble. Transfer the crumble to a solid steam tray then add the stock and bay leaf. Steam at 100°C for 1 hour.
2. In a saucepan, sauté the onion, celery and carrot in a little olive oil over medium heat, Induction setting 6. Season to taste and cook until translucent and tender.
3. Add the garlic, rosemary and paprika to the pan and cook while stirring for a further 2-3 minutes until fragrant. Transfer to a clean bowl then return the pan to the cooktop.
4. Add a little olive oil to the pan on medium to high heat, Induction setting 7. Sear chorizo to caramelize before adding in the mince and cook through. Pour off any excess juices then return the sautéed vegetables to the pan, deglaze with wine and bring to a simmer.
5. Add the tomato paste and stir to combine, cook for 2-3 minutes before adding 600ml of the tomato puree. Bring to a simmer, then add the Vino cotto and season to taste with salt and pepper. Remove from heat then combine with the cooked lentil mixture.
6. Using a pizza wheel or knife, cut the pasta sheets to fit into the porcelain baking dish. Line the base of the dish with a small amount of tomato sauce then place a sheet of pasta on top. Top the pasta with a generous layer of the tomato base then lay another sheet of pasta on top followed by a layer of blanched spinach and ricotta. Repeat the layers until all of the ingredients have been used or the dish is full.
7. For the final layer, place a sheet of pasta on top and cover evenly with the remaining tomato puree. Place the dish into the Oven on a multi-purpose tray on Shelf position 2. Select Combination Mode: Conventional at 170°C + 45 minutes + 60% moisture. Cook for 30 minutes then add the slices of cheese to the top. Return to the Oven and cook until heated through and lightly browned.
8. Remove from the Oven and stand for 10-15 minutes before serving in generous slices at the table.

HINTS AND TIPS

- Leftover whey can be used instead of water when baking breads and cooking grains for extra flavour and protein.
- Lasagne can be reheated on the following settings:
- Reheat at 135°C + Core temperature 75°C + 70% moisture
- Whole wheat pasta sheets can be used instead of buckwheat.
- Additional tomato passata can be used for a moister filling if required.