

ARTICHOKE LASAGNE

(Lasagne con Carciofi)

INGREDIENTS:

Servings: 10 people

Artichokes	10
Lemon juice	75 ml
Butter	50 g
Fresh lasagne sheets or 1 package of dried	6 leaves
Light cream	125 ml
Béchamel Sauce:	
Butter	50 g
Flour	50 g
Milk	1 liter
Salt and freshly ground pepper	to taste
Grated Parmesan cheese	200 g
Shredded mozzarella cheese	200 g

TOOLS:

Chef's knife
Cutting board
Bowls
Skillet
Saucepan
Wooden spoon
Baking dish

PREPARATION:

Prepare the artichoke hearts:

Remove the stems. Place the artichokes in the lemon water to stop discoloration. Holding an artichoke upside-down, snap off the lower leaves one by one until the leaves begin to turn inward. Slice off the remaining cone, leaving about an inch and a half. Cut away the leaves at the base. Turn the artichoke on its side and cut away all the green areas until you have a smooth flat disk.

Slice the artichokes, and place them in a bowl containing cold water and half the lemon juice. Heat the butter in a skillet over moderate heat. Add the artichokes and cover with water. Season with salt. Cook for 20-30 minutes until most of the water evaporates, and the artichokes are tender.

Prepare the Béchamel:

Melt the butter over moderate heat in a saucepan. Stir in the flour. When it leaves the sides of the pan, gradually add the milk, whisking constantly until a smooth, thick sauce is formed. Season with salt and pepper. Combine the cheeses in a bowl.

Preheat the oven to 200° C. Pour the cream into a baking dish. Line the bottom with pasta sheets. Spread some of the Béchamel over the pasta. Arrange some of the artichokes over the sauce. Sprinkle with some cheese. Continue to layer in this way, using up all the artichokes and the pasta, but reserving 1/4 of the Béchamel and the cheese.

Combine the remaining Béchamel and cheese, and spread it over the top. Bake for 20 minutes. Allow the lasagne to sit for 5 minutes before serving.