



Lasagne instructions

Name _____ Date _____

Lasagna al forno



Ingredients

- 2-3 tbsp olive oil
- 25 g butter
- 2 large onions, finely chopped
- 3 sticks celery
- 2 carrots, finely diced
- 3-4 cloves garlic, finely chopped
- 1 kg fresh fatty minced beef, such as chuck
- 2 fresh bay leaves
- 225 ml milk
- 1/3 tsp freshly grated nutmeg
- 225 ml white wine, 225
- 400 g canned chopped tomatoes, roughly chopped
- 9-10 sheets pre-cooked dried lasagne sheets
- 90 g parmesan, freshly grated
- black pepper

For the béchamel sauce:

- 600 ml milk
- 2 fresh bay leaves
- 1 onion, halved
- freshly grated nutmeg
- 60 g butter
- 60 g plain flour
- black pepper

Source: <http://uktv.co.uk/food/recipe/aid/513698>



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Method

1. Warm the oil and butter in a heavy-based casserole over medium heat. Add the onion and gently fry for about 5 minutes until softened and translucent. Add the celery, carrots and garlic, and cook for another couple of minutes, stirring to coat well.
2. Stir in the beef with a large pinch of salt and several grindings of black pepper. Cook, stirring, until the beef has lost its raw pink look.
3. Add the bay leaves and milk, bring to the boil, then simmer gently for about 10 minutes, until the meat has absorbed the milk. Season with a pinch of nutmeg.
4. Pour in the wine and let it simmer until it has evaporated, then add the tomatoes with their juice and stir thoroughly.
5. Cook, uncovered, at a lazy simmer with just an intermittent bubble breaking through the surface, for 3 hours or more. The fat will have separated, but the sauce will not be dry. Taste and correct the seasoning.
6. About 45 minutes before the meat is ready, make the béchamel sauce. Pour the milk into a saucepan with the bay leaf, onion and a generous pinch of nutmeg. Bring to just below the boiling point, then remove from the heat and leave to infuse for 15-20 minutes.
7. Preheat the oven to 180°C/gas 4. Grease a shallow baking dish.
8. Melt the butter in a saucepan, stir in the flour and cook, stirring for 1 minute. Strain the milk. Then gradually stir it into the flour mixture to make a thick smooth sauce. Season to taste.
9. Pour some béchamel into the baking dish - enough to just cover the base. Place a layer of lasagne sheets on top, followed by a layer of meat sauce, another layer of béchamel and a good handful of parmesan. Continue with two or three more layers until both sauces are used up. Add a final sprinkling of Parmesan.
10. Bake in the oven for about 30 minutes until bubbling all over and a knife slips easily through the layers of lasagne.



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Questions

1. You are going to the greengrocer. Make a list of all the things you need to buy there for this recipe.
2. Your friends are coming round in about 3 hours time. Will you have time to make this recipe?
3. In step 2, how will you know when the beef is ready?
4. What do you add first, wine or milk?
5. When should you start to make the béchamel sauce?
6. How will you know when the lasagne is properly cooked?
7. What should you put in the baking dish first?
8. What goes in last?
9. Do you think this is a healthy recipe? Why / why not?
10. How does the layout help you to understand the text?
11. Why is the layout appropriate for this type of text?



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Mapping and teaching notes



The topic of imperatives can be introduced with Carrie Bray's "Using imperatives" PowerPoint. As a follow up, learners can write out their own favourite recipe. A recipe writing frame is available on skillsworkshop. Questions 10-11 are aimed at L1-L2.

Functional Skills English mapping

Coverage and range statements provide an indication of the type of content candidates are expected to apply in functional contexts. Relevant content can also be drawn from equivalent (school) National Curriculum levels and the Adult Literacy standards.

✓ indicates the main coverage and range skills that are (or can be) covered in this resource. However, these will vary with the student group and how the resource is used by the teacher.

Reference: Ofqual (2009), *Functional Skills criteria for English: Entry 1, Entry 2, Entry 3, level 1 and level 2*. <http://www.ofqual.gov.uk/>

Entry 3 Reading skill standard: Read and understand the purpose ✓ and content of straightforward texts that explain, inform and recount information

Coverage and range statements

- a) Understand the main points of texts
- b) Obtain specific information through detailed reading ✓
- c) Use organisational features to locate information
- d) Read and understand texts in different formats using strategies and techniques appropriate to task ✓

Level 1 Reading skill standard: Read and understand a range of straightforward texts

Coverage and range statements

- a) Identify the main points and ideas and how they are presented in a variety of texts
- b) Read and understand texts in detail ✓
- c) Utilise information contained in texts
- d) Identify suitable responses to texts ✓

Level 2 Reading skill standard: Select, read, understand and compare texts and use them to gather information, ideas, arguments and opinions

Coverage and range statements

- a) Select and use different types of texts to obtain and utilise relevant information
- b) Read and summarise, succinctly, information/ideas from different sources
- c) Identify the purposes of texts and comment on how meaning is conveyed ✓
- d) Detect point of view, implicit meaning and/or bias
- e) Analyse texts in relation to audience needs and consider suitable responses

**Also covers many adult literacy curriculum <http://www.excellencegateway.org.uk/sflcurriculum> elements.