



Pasta and Lamb Casserole (Pastitsio)

READY IN



1500 min.

SERVINGS



16

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups sandwich bread fresh white firm (from 4 slices sandwich bread)
- ☐ 15 ounces frangelico whole canned
- ☐ 0.3 cup cheese grated
- ☐ 5 large egg yolk
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 large garlic clove finely chopped
- ☐ 1.3 teaspoons ground allspice
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 2 pounds lamb
- ☐ 0.8 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onion finely chopped
- ☐ 4 thyme sprigs
- ☐ 7 tablespoons butter unsalted
- ☐ 7 cups milk whole
- ☐ 2 pounds ziti

Equipment

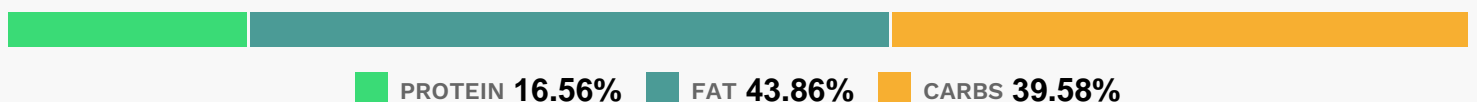
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Cook onions in oil in a 12-inch heavy skillet over medium heat, stirring frequently, until softened, about 7 minutes.
- ☐ Add garlic and cook, stirring, 1 minute. Increase heat to high, then stir in lamb and cook, stirring occasionally and breaking up any lumps with a fork, until meat starts to brown, about 15 minutes.
- ☐ Meanwhile, drain both cans of tomatoes, reserving juice, and chop.
- ☐ Pour off excess fat from skillet, then stir in tomatoes with their juice, thyme, spices, and 1 1/2 teaspoons salt. Simmer over low heat, partially covered, until some liquid has evaporated but sauce is still moist, about 40 minutes. Discard thyme.
- ☐ Melt butter in a heavy medium pot over medium heat.

- ☐ Whisk in flour, then cook roux, whisking frequently, until pale golden, about 6 minutes.
- ☐ Meanwhile, heat milk in a heavy medium saucepan until just about to boil.
- ☐ Add milk to roux in a stream, whisking constantly until very smooth. Bring sauce to a boil over medium heat, whisking, then cook, whisking, 1 minute.
- ☐ Remove from heat and stir in nutmeg, cheese, and 1 tablespoon salt.
- ☐ Lightly beat yolks in a bowl. Gradually whisk in 2 cups béchamel, then whisk yolk mixture into remaining béchamel in saucepan. Cover with a round of buttered wax paper (buttered side down).
- ☐ Preheat oven to 375°F with rack in middle. Cook ziti in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.
- ☐ Drain pasta, then transfer to a large bowl and stir in 1 cup béchamel.
- ☐ Arrange one third of pasta lengthwise in 1 layer in a large (17-by 11-inch) baking pan (about 2 inches deep).
- ☐ Add half of meat sauce (about 3 cups) to baking pan, spreading evenly over pasta.
- ☐ Make another layer of pasta and top with remaining meat sauce, then arrange remaining pasta on top.
- ☐ Spread remaining béchamel (about 6 cups) evenly over top layer of pasta.
- ☐ Stir together bread crumbs and cheese and sprinkle evenly over top of pastitsio.
- ☐ Bake until crumbs are golden brown and sauce is bubbling, about 45 minutes.
- ☐ •Meat sauce can be made 2 days ahead of assembling pastitsio and chilled (covered once cool). Bring to room temperature before using in pastitsio. •Pastitsio can be baked 1 day ahead and chilled (covered once cool). Reheat in a 350°F oven, covered, until heated through, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:22.57, Inflammation Score:-7, Nutrition Score:17.962173980215%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 549.2kcal (27.46%), Fat: 26.55g (40.84%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 51.48g (18.72%), Sugar: 7.58g (8.42%), Cholesterol: 126.51mg (42.17%), Sodium: 116.63mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Selenium: 54.29µg (77.55%), Phosphorus: 348.21mg (34.82%), Vitamin B12: 2.02µg (33.65%), Manganese: 0.67mg (33.42%), Vitamin B3: 4.89mg (24.46%), Zinc: 3.47mg (23.1%), Vitamin B2: 0.37mg (21.74%), Calcium: 191.73mg (19.17%), Vitamin B1: 0.24mg (15.88%), Magnesium: 60.01mg (15%), Vitamin B6: 0.27mg (13.4%), Potassium: 455.89mg (13.03%), Vitamin B5: 1.24mg (12.44%), Copper: 0.25mg (12.42%), Iron: 2.18mg (12.11%), Vitamin D: 1.62µg (10.8%), Folate: 42.21µg (10.55%), Fiber: 2.43g (9.71%), Vitamin A: 433.98IU (8.68%), Vitamin E: 0.8mg (5.3%), Vitamin K: 4.15µg (3.95%), Vitamin C: 1.6mg (1.95%)