



Pastitsio

READY IN



130 min.

SERVINGS



10

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter
- 8 ounce canned tomatoes crushed canned
- 1 chicken stock cube
- 2 egg whites
- 2 egg yolk
- 10 servings flour
- 0.5 bunch parsley fresh minced
- 4 garlic clove minced
- 4 dashes ground cinnamon

- 2 dashes nutmeg
- 1.5 lb ground beef 80% lean (chuck)
- 6 cups milk (maybe even a little less)
- 10 servings butter
- 0.5 cup olive oil
- 1 onion chopped
- 10 servings pecorino cheese grated
- 1 cup pecorino cheese grated
- 10 servings salt and pepper
- 1 teaspoon tomato paste
- 2 tomatoes chopped
- 10 servings water
- 1 lb ziti

Equipment

- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- spatula

Directions

- Parboil the pasta.
- Drain and put in the baking pan. You should toss it around in some butter, oil, or margarine to keep it from sticking. Then add a generous amount of grated cheese and toss. You also have the option of placing half the pasta in the dish, filling the middle layer with meat sauce, and adding more pasta on top. You also have another option of tossing the pasta and the meat sauce together and leaving it like that. Do whatever your heart desires. You may also toss in

some egg whites. Beat them a bit with a fork, and then toss them around with your hands into the pasta mixture. They just do this so they don't waste the eggs. It really doesn't make it tastier or anything. For the meat sauce in a large pot, saut the onion, garlic, and parsley in the oil until the onions turn translucent. Then add tomato paste (optional) and stir for a few seconds. Season with salt and pepper.

- Add chopped meat. Stir, let it release some juice. You could, at this point, add a splash of red wine for change in taste but it's really not necessary.
- Add the chopped tomatoes, cloves, and cinnamon, and let the tomatoes release some juice. Stir.
- Add the tomato sauce or crushed tomatoes and stir. Taste for salt.
- Add a cup or two of water, bring to a boil, reduce heat, and simmer on low for an hour and a half or until there is no water left in the pot. Now, as I said before, you have the option of layering the meat sauce, or mixing it in with the pasta. For the bchamel, in a saucepan on low heat, melt one stick and a half of butter. Gradually add flour and whisk until the roux forms a gunky ball and you can't stir anymore. Gradually add 6 cups of milk and the bouillon (if you want it). I'd say even 5 and 1/2, because I like my sauce really thick. Stir occasionally and make sure you whisk away the flour caught around the edges with a rubber spatula and whisk again. Once the sauce thickens, remove from heat.
- Add grated cheese, the egg yolks (slowly so they don't curdle while whisking very fast), the nutmeg.
- Add a pinch of salt (if necessary) and pepper. If you like creamy sauce, make it with the full six cups of milk. Make sure your pasta and meat sauce are at an even level in the pan, and then pour in the bchamel on top. Even it out with a spatula. You may top with more grated cheese, nutmeg, cinnamon, or even breadcrumbs.
- Bake in a 350 degree oven for about 40 minutes or until the top turns golden brown. Lastly and most importantly, let the pastitsio rest for an hour or two before eating. The bchamel has to set and solidify a little bit. If you don't wait, the sauce will gush out.

Nutrition Facts



Properties

Glycemic Index:54.4, Glycemic Load:21.92, Inflammation Score:-9, Nutrition Score:29.682173977727%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 890.07kcal (44.5%), Fat: 58.32g (89.72%), Saturated Fat: 26.75g (167.19%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 50.05g (18.2%), Sugar: 10.99g (12.22%), Cholesterol: 183.01mg (61%), Sodium: 1176.65mg (51.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.76%), Selenium: 53.91µg (77.01%), Phosphorus: 697.12mg (69.71%), Calcium: 673.3mg (67.33%), Vitamin K: 55.27µg (52.64%), Vitamin B12: 2.81µg (46.91%), Vitamin A: 1885.95IU (37.72%), Zinc: 5.47mg (36.5%), Vitamin B2: 0.6mg (35.16%), Manganese: 0.68mg (33.87%), Vitamin B6: 0.51mg (25.62%), Vitamin B3: 4.81mg (24.05%), Magnesium: 86.35mg (21.59%), Potassium: 741.77mg (21.19%), Iron: 3.33mg (18.49%), Vitamin B1: 0.27mg (18.14%), Copper: 0.31mg (15.64%), Vitamin B5: 1.56mg (15.57%), Vitamin E: 2.21mg (14.73%), Vitamin D: 2.07µg (13.82%), Vitamin C: 10.62mg (12.87%), Folate: 49.07µg (12.27%), Fiber: 2.96g (11.86%)