



Wild Mushroom and Cauliflower Lasagna

READY IN



225 min.

SERVINGS



8

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head cauliflower
- 1 ounce porcini mushrooms dried
- 1 large eggs
- 0.3 cup flour all-purpose
- 1.3 pounds fontina grated
- 2 tablespoons basil fresh chopped
- 0.8 cup parsley fresh plus more for garnish chopped
- 3 tablespoons parsley fresh chopped
- 3 teaspoons thyme leaves fresh finely chopped

- 2 cloves garlic finely chopped
- 3 cloves garlic smashed
- 1.5 teaspoons honey
- 8 servings kosher salt
- 8 servings kosher salt and pepper freshly ground
- 16 lasagna noodles
- 1.5 pounds mushrooms assorted chopped
- 0.1 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 1 small onion diced spanish finely
- 8 servings pepper freshly ground
- 3 cups plum tomatoes and their juices canned
- 1 pinch pepper flakes red
- 0.5 cup romano cheese grated
- 1 cup romano cheese grated
- 2 shallots diced finely
- 1 pound sheep's milk ricotta cheese
- 4 tablespoons butter unsalted
- 5 cups milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- whisk

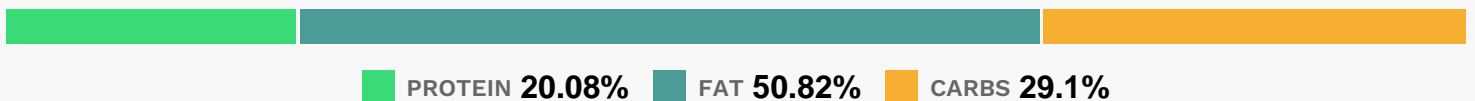
- pot
- blender
- baking pan
- roasting pan
- wooden spoon
- aluminum foil

Directions

- Heat the olive oil in a saucepan over medium-high heat.
- Add the onion and cook, stirring occasionally, until soft, about 8 minutes.
- Add the garlic and red pepper flakes and cook 30 seconds.
- Add the tomatoes, breaking them up with a wooden spoon, and the basil and cook until thickened, about 10 minutes. Season with salt and pepper.
- Transfer to a blender and puree until smooth; return to the saucepan and add the parsley, honey, 1/4 teaspoon salt, and pepper to taste.
- Make the cauliflower Mornay sauce: Preheat the oven to 350 degrees F.
- Cut off the cauliflower florets and put in a small roasting pan.
- Drizzle with the olive oil and season with salt and pepper.
- Add 1 1/2 cups water to the pan, cover with aluminum foil and bake until very tender, about 1 hour.
- Remove from the oven.
- Melt the butter in a saucepan over medium heat.
- Whisk in the flour and cook 30 seconds.
- Whisk in 4 cups milk, increase the heat to medium high and bring to a boil, whisking; cook, whisking, until thick, about 5 minutes.
- Add the cauliflower, reduce the heat to low and cook 5 more minutes.
- Remove from the heat and let cool slightly, then puree until smooth. Strain into a clean saucepan and bring to a simmer over low heat.
- Whisk in the nutmeg, cheese, and salt and pepper to taste and cook 1 minute. Thin with some of the remaining 1 cup milk, if needed.

- Make the lasagna: Soak the porcini mushrooms in 1 1/4 cups boiling water, 30 minutes. Meanwhile, bring a large pot of salted water to a boil.
- Add the lasagna noodles and cook 5 minutes; drain and rinse under cold water. Set aside. Preheat the oven to 375 degrees F.
- Combine the ricotta, egg, 1/2 cup parsley, 1 teaspoon thyme and 1/2 cup romano cheese in a bowl and season with salt and pepper.
- Heat the olive oil in a saute pan over high heat.
- Add the garlic and cook 1 minute.
- Add the assorted mushrooms and cook until soft, about 4 minutes.
- Add the shallots and cook until golden, about 6 minutes.
- Drain the porcini mushrooms, reserving the liquid, then coarsely chop and add to the pan; cook 1 minute. Deglaze with the porcini soaking liquid and cook until completely reduced, about 6 minutes. Stir in the remaining 2 teaspoons thyme and 1/4 cup parsley and season with salt and pepper.
- Remove from the heat.
- To assemble the lasagna, ladle some of the tomato sauce into a 10-by-14-inch baking dish. Ladle on some of the cauliflower sauce; top with 4 noodles. Top with some of the ricotta mixture, then some of the mushroom mixture, fontina and some of the remaining romano cheese. Season with salt and pepper. Repeat to make 3 more layers, ending with a layer of noodles, cauliflower sauce and romano.
- Put the dish on a baking sheet, cover with aluminum foil and bake 30 minutes. Uncover and bake until bubbly, 30 to 40 more minutes.
- Remove from the oven, sprinkle with parsley and let sit 15 minutes before serving.
- Serve with the remaining tomato sauce.
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:101.91, Glycemic Load:26.12, Inflammation Score:-10, Nutrition Score:46.119999844095%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 978.68kcal (48.93%), Fat: 56.05g (86.24%), Saturated Fat: 29.71g (185.72%), Carbohydrates: 72.24g (24.08%), Net Carbohydrates: 65.81g (23.93%), Sugar: 17.76g (19.73%), Cholesterol: 187.23mg (62.41%), Sodium: 1334.9mg (58.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.66%), Vitamin K: 146.55µg (139.57%), Selenium: 73.21µg (104.58%), Calcium: 961.82mg (96.18%), Phosphorus: 906.6mg (90.66%), Vitamin C: 61.22mg (74.2%), Vitamin B2: 1.08mg (63.71%), Vitamin A: 2839.07IU (56.78%), Manganese: 0.97mg (48.32%), Zinc: 6.37mg (42.48%), Vitamin B12: 2.52µg (41.98%), Vitamin B5: 4.12mg (41.17%), Copper: 0.78mg (38.87%), Potassium: 1328.34mg (37.95%), Vitamin B6: 0.68mg (33.81%), Vitamin B3: 6.14mg (30.72%), Folate: 122.68µg (30.67%), Magnesium: 114.47mg (28.62%), Fiber: 6.43g (25.73%), Vitamin B1: 0.37mg (24.35%), Vitamin D: 2.85µg (18.99%), Iron: 3.35mg (18.64%), Vitamin E: 2.54mg (16.93%)