



## Wild Mushroom and Cauliflower Lasagna

READY IN



230 min.

SERVINGS



8

CALORIES



972 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 medium head cauliflower
- 1 ounce porcini mushrooms boiling for 30 minutes
- 1 large eggs
- 0.3 cup flour
- 1.3 pounds fontina grated
- 2 tablespoons basil fresh chopped
- 0.8 cup flat-leaf parsley fresh divided plus more for garnish finely chopped
- 3 tablespoons flat-leaf parsley fresh chopped
- 3 teaspoon thyme leaves fresh finely chopped

- 2 cloves garlic finely chopped
- 3 cloves garlic smashed
- 8 servings honey
- 8 servings kosher salt and pepper black freshly ground
- 16 lasagna noodles salted drained and rinsed with cold water boiling cooked for 5 minutes in water,
- 1.5 pounds mushrooms assorted coarsely chopped (shiitake, portobello, cremini)
- 0.1 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil
- 3 tablespoons olive oil
- 1 small onion diced spanish finely
- 3 cups plum tomatoes and their juices canned
- 1 pinch pepper flakes red
- 0.5 cup romano cheese grated
- 0.5 cup romano cheese grated plus more for finishing
- 8 servings salt and pepper black freshly ground
- 2 shallots diced finely
- 1 pound sheep's milk ricotta cheese
- 4 tablespoons butter unsalted
- 5 cups milk whole divided

## Equipment

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

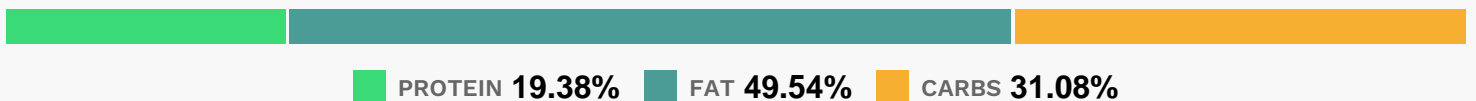
- blender
- baking pan
- roasting pan
- wooden spoon
- aluminum foil

## Directions

- Heat the oil in a medium saucepan over medium-high heat.
- Add the onions and cook until soft.
- Add the garlic and red pepper flakes and cook for 30 seconds.
- Add the tomatoes, breaking them up with a wooden spoon, and the basil and cook until thickened and the tomatoes soften and break down. season with salt and pepper.
- Transfer to a blender and blend until smooth. Return the mixture to the saucepan, add the basil and chopped parsley, season with salt, pepper, and honey, if needed.
- For the cauliflower sauce: Preheat the oven to 350 degrees F.
- Remove the florets from the head of cauliflower and put in a small roasting pan.
- Drizzle with olive oil and season with salt and pepper.
- Add 1 1/2 cups water to the bottom of the pan, cover with foil, and cook until very tender, about 1 hour.
- Remove and increase the oven temperature to 375 degrees F.
- Melt the butter in a medium saucepan over medium heat.
- Whisk in the flour and cook for 30 seconds. Slowly whisk in 4 cups of the milk, increase the heat and bring to a boil, whisking constantly. Cook until thickened, about 5 minutes.
- Add the cauliflower, reduce the heat to low, and cook for 5 minutes longer.
- Remove from the heat and let cool slightly.
- Transfer the mixture to a blender (in batches) and puree until smooth. Strain the mixture into a clean saucepan through a medium mesh strainer and bring to a simmer over low heat.
- Whisk in the nutmeg, cheese, and salt and pepper, to taste. Cook for 1 minute.
- Add some of the remaining warm milk, if needed.
- For the lasagna: Increase the oven to 375 degrees F.

- Combine the ricotta, egg, 1/2 cup parsley, 1 teaspoon thyme, and romano cheese in a bowl and season with salt and pepper. Cover and refrigerate until ready to use.
- Heat the olive oil in a large saute pan over high heat.
- Add the garlic cloves and cook for 1 minute.
- Add the mushrooms and cook until they begin to soften.
- Add the shallots and cook until golden brown and completely dry.
- Drain the porcini mushrooms, reserving the soaking liquid, coarsely chop, and add to the mushrooms in the pan and cook for 1 minute. Deglaze with the porcini soaking liquid and cook until completely reduced. Stir in the remaining 2 teaspoons thyme, remaining 1/4 cup parsley, and season with salt and pepper.
- Remove from the heat.
- To assemble: Ladle some of the tomato sauce into the bottom of a 10 by 14 by 2 1/2-inch baking dish. Ladle some of the cauliflower mornay sauce over the tomato sauce. Top with 4 noodles. Top the noodles with some of the ricotta mixture, then some mushrooms, fontina, and romano. Season with salt and pepper. Repeat to make 4 layers. Ladle the cauliflower mornay sauce over the top of the noodles, making sure to cover the noodles completely with the sauce, and sprinkle with more of the romano cheese.
- Put the lasagna pan on a baking sheet, cover with foil, and bake for 30 minutes.
- Remove the foil and continue baking until bubbly and the top is golden brown, 30 to 40 minutes longer.
- Remove from the oven, sprinkle the top with parsley, and let rest 15 minutes before serving.
- Cut into squares and serve additional tomato sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:105.91, Glycemic Load:28.52, Inflammation Score:-10, Nutrition Score:45.432608397111%

## 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, 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: 972.04kcal (48.6%), Fat: 54.37g (83.65%), Saturated Fat: 28.65g (179.04%), Carbohydrates: 76.76g (25.59%), Net Carbohydrates: 70.29g (25.56%), Sugar: 22.38g (24.87%), Cholesterol: 180.73mg (60.24%), Sodium: 872.56mg (37.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.87g (95.74%), Vitamin K: 146.57µg (139.6%), Selenium: 72.35µg (103.36%), Calcium: 895.87mg (89.59%), Phosphorus: 859.49mg (85.95%), Vitamin C: 61.24mg (74.24%), Vitamin B2: 1.06mg (62.49%), Vitamin A: 2813.68IU (56.27%), Manganese: 0.98mg (49.07%), Zinc: 6.22mg (41.49%), Vitamin B5: 4.1mg (40.96%), Vitamin B12: 2.45µg (40.81%), Copper: 0.78mg (38.93%), Potassium: 1327.17mg (37.92%), Vitamin B6: 0.67mg (33.62%), Vitamin B3: 6.15mg (30.73%), Folate: 122.37µg (30.59%), Magnesium: 112.18mg (28.05%), Fiber: 6.47g (25.88%), Vitamin B1: 0.36mg (24.2%), Vitamin D: 2.82µg (18.78%), Iron: 3.34mg (18.54%), Vitamin E: 2.53mg (16.84%)