

Baked Lasagna Aster with Spinach and Mushroom Cream Sauce



PT MANUNGGA PERKASA

LASAGNA SHEET INGREDIENTS:

• ASTER flour	500 gr
• Chicken egg	125 gr
• Water	100 gr
• Cooking oil	3 tbs

CHEESE SAUCE INGREDIENTS:

• UHT milk	500 ml
• Cheddar cheese	75 gr
• Butter	50 gr
• DAHLIA flour	30 gr
• Ground pepper	1/4 tbs

MEAT SAUCE INGREDIENTS:

• Beef tenderloin	150 gr
• Corned beef	100 gr
• Wood ear mushrooms, finely chopped	50 gr
• Onion, finely chopped	100 gr
• Garlic, finely chopped	5 cloves
• Ground pepper	1/2 tsp
• Red tomatoes, peeled and chopped	50 gr
• Tomato sauce	7 tbs
• Dried oregano	3 gr
• Cooked water	100 ml
• Margarine (for sautéing)	as needed

ADDITIONAL INGREDIENTS :

• Spinach (soaked in hot water for 1 minute)	2 bunches
• Keju mozzarella	as needed
• Cherry tomatoes	as needed
• Parsley leaves	as needed



HOW TO MAKE LASAGNA SHEET:

1. Prepare all the ingredients for the lasagna sheets.
2. Mix all ingredients together.
3. Stir and knead until the dough becomes slightly elastic (do not over-knead).
4. Flatten the dough using a pasta roller (gradually from setting 2 to 7).
5. Adjust thickness as desired.
6. Repeat the flattening process until you get the desired thickness.
7. Sprinkle cornstarch while flattening to prevent sticking. Cut the dough into square or rectangular sheets to fit your baking dish.
8. Boil the sheets in boiling water mixed with 2 tbsp cooking oil.
9. Boil for 3–5 minutes, ensuring the sheets do not stick to each other.
10. Drain by dipping the sheets into cold water for 10 seconds, then layer each sheet with plastic to prevent sticking.
11. Lasagna sheets are ready to use.

HOW TO MAKE CHEESE SAUCE:

1. Melt butter in a pan.
2. Add flour and stir well.
3. Pour in UHT milk, stirring until smooth and lump-free.
4. Add grated cheddar cheese and ground pepper. Stir and cook on low heat until cheese melts and thickens. Adjust seasoning.
5. Remove from heat and set aside.

HOW TO MAKE MEAT SAUCE:

1. Heat margarine and sauté onion and garlic until fragrant.
2. Add minced beef and cook until it changes color.
3. Add corned beef, stir well, and cook until fully cooked.
4. Add pre-boiled and finely chopped wood ear mushrooms, stir to combine.
5. Add peeled, chopped tomatoes. Cook until well blended.
6. Add tomato sauce and water. Cook until it bubbles.
7. Add sugar, salt, pepper, and dried oregano. Mix and adjust to taste. Cook on low heat until tomatoes break down.
8. Remove from heat and set aside.

HOW TO MAKE LASAGNA:

1. Layer the lasagna sheets, spinach, meat sauce, and cheese sauce. Repeat to form 4–5 layers, depending on the size of your baking dish.
2. On the top layer, sprinkle mozzarella cheese until fully covered.
3. Bake at 175°C (347°F) for 30 minutes. Remove and add cherry tomatoes and parsley leaves. Bake again until golden brown.
4. Lasagna is ready to serve.

Yields 2 baking dishes.

**RECOMENDATIONS
FOR FLOUR THAT
CAN BE USED**

Cita Rasa Pangan Berkualitas

