

PASTITSIO RECIPE FOR 1 DEEP ALUMINUM FULL PAN - JULY 2026

	MEAT
5 lb	BEEF, ANGUS GROUND LEAN (88/12 BLEND)
1 1/2 cup	ONIONS, DICED
1/3 cup	RED WINE
2.5 cup	TOMATO SAUCE (OR HAND CRUSHED ITALIAN PLUM TOMATOES)
1 tbs	TOMATO PASTE
1/4 cup	PARSLEY, FLAT LEAF CHOPPED
2 1/2 tbs	SALT, KOSHER
1 tbs	BLACK PEPPER, FINE
1/2 tbs	CINNAMIN, GROUND
1/2 tsp	NUTMEG, GROUND
1	In a large pot, break up ground beef, fill with water to cover beef, add 1 tbs salt.
2	Bring to boil, reduce to simmer. Cook until meat is well done.
3	Strain beef, rinse out pot to reuse.
4	Saute onions and oil medium heat until translucent
5	Add wine, reduce by half.
4	Place meat back in pot with all remaining ingredients and bring to simmer.
5	Cook on stove top, light simmer, stirring often, until most moisture is gone and meat is completely broken up and hangs on the spoon in clumps.
	BECHAMEL
1 lb	BUTTER, UNSALTED
8 ea	EGGS
1/2 gal	MILK, VITAMIN D
1 cup	CHEESE, GRATED ITALIAN REST BLEND (or PARMESAN)
1 1/2 cup	FLOUR, ALL PURPOSE
1 1/4 tsp	SALT, KOSHER
1/4 tsp	NUTMEG, GROUND
1/2 tsp	WHITE PEPPER, GROUND
1	In a mixing bowl whisk eggs, cheese, salt, nutmeg & white pepper together.
2	In a gallon pot, med high heat melt butter, add flour, and stir continuously to make roux.
3	When slightly golden and raw flour taste is gone, add cold milk.
4	Reduce to med low heat and keep stirring until thickening begins.
5	Slowly whisk in egg mixture
6	Continue stirring until thick
7	Add salt or seasonings to taste

	NOODLES
1 1/3 pack	MISKO (OR MELLISSA) #2 NOODLES (500g pack)
3/4 gal	WATER
2 tbs	SALT, KOSHER
1 tbs	OLIVE OIL
1 cup	BECHAMEL
3/4 cup	MILK
1	Add water and salt to a pot on high heat.
2	Taste salt water, should taste pleasantly salty like seawater or the ocean.
3	When water is boiling, add pasta all at once. Gently stir until all pasta is submerged.
4	Reduce heat med-high, should still be a rolling boil.
5	Cook until done. (cook past al dente, but should not be mushy or falling apart)
6	Strain, rinse with cold water to stop cooking, shake to remove excess water.
7	In a mixing bowl, toss with olive oil, 1 cup béchamel and milk to coat.
	BUILDING & BAKE
1 cup	BECHAMEL
1 cup	CHEESE, GRATED ITALIAN REST BLEND (or PARMESAN)
1	Pre-heat oven to 350 degrees.
2	Spray bottom, sides & corners of 1 deep aluminum full pan lightly with non-stick spray.
3	Sprinkle 1/2 cup of grated cheese evenly across bottom of pan.
4	Place all noodles in pan straightened or not, to your satisfaction.
5	Pour 1 cup of Bechamel over top of noodles and evenly spread across top with spatula
6	Spread prepared meat evenly over top and into corners, lightly press down.
7	Top meat evenly with remaining 1/2 cup of grated cheese.
8	Pour remaining Bechamel over top and spread evenly with spatula.
9	Cover with tented foil or aluminum pan lid and place in oven
10	Cook for a 35 minutes covered, then remove foil.
11	Continue to cook until béchamel turns golden brown in spots evenly across top and bechamel has risen evenly across top. (approximately 10-15 min)
12	Let rest 15 minutes at room temp before cutting.
NOTE	This recipe can build one deep aluminum full pan or 3 aluminum half pans.