

***Macaroni and Cheese**

Serves 6 (12)

1/2 pound (3/4) elbow macaroni	1 tablespoon (1 1/2) Worcestershire
2 1/2 cups (3 3/4) whole milk	1/4 teaspoon salt
1 (2) tablespoon flour	1/8 teaspoon pepper
1/4 cup (1/4 + 2T) butter	3 ounces (6) sharp cheddar, shredded
1/2 tablespoon (3/4) dried onions	3 ounces (3) gruyere, shredded
1/2 teaspoon (3/4) dry mustard	Optional: cubed ham, 1 to 2 cups
Optional: 1/4 teaspoon cayenne or to taste	whole milk

Slightly under cook macaroni following the directions on the package. Rinse and drain, saving the cooking liquid.

In saucepan, blend milk, cornstarch, 1/4 cup (3/4) butter, onions, mustard, (cayenne), Worcestershire, salt and pepper. Bring to boil, stirring. Take off heat

and stir in cheeses. In large bowl, mix macaroni, ham and cheese sauce. Pour into greased casserole.

Put in cold oven. Bake 350-degrees for 20 minutes. You can also heat on stovetop or in microwave. Stir in 1 to 2 cups milk or macaroni cooking liquid for a creamery consistency. Does not freeze.

***Spaghetti Alla Carbonara**

Serves 4

1/2 pound thick sliced bacon
1 pound spaghetti
2 tablespoons olive oil and 1 tablespoon butter
4 garlic cloves, lightly crushed
1/4 cup dry white wine
3 eggs
4 to 5 tablespoons freshly grated Pecorino Romano cheese
1/2 cup Parmesan cheese, freshly grated
8 to 10 twists black pepper
4 tablespoons parsley, minced
1/4 cup milk, warmed

Cut and discard most of the rind from bacon. Cut bacon meat into ¼-inch strips

Put oil, butter and garlic in sm pan. Sauté until garlic is deep golden color, then remove and discard it. Set aside the pan with the oil.

Heat bacon in small pan until most of the fat is released and edges are slightly crisp. Remove bacon with slotted spoon and add it to the pan with the garlic flavored oil.

Add the wine to pan. When it has completely boiled away, turn off heat. Set aside.

Break open eggs into the bowl in which you are later going to toss and serve spaghetti and beat them lightly, adding the two grated cheeses, pepper and parsley.

When spaghetti is nearly done, start reheating bacon/oil.

Cook and drain spaghetti, shake away all moisture and add it to the bowl containing the egg mixture. Toss it rapidly and thoroughly until well coated, then pour the contents of the bacon-oil pan over it. Toss again with warm milk and serve immediately.

Spaghetti Primavera

Serves 4

18 ounce spaghetti, cooked

3/4 cup snow peas

1/2 cup zucchini, sliced

1/2 cup baby peas

1/2 cup asparagus, chopped

5 mushrooms, sliced

1/4 cup pistachio nuts

2 tablespoons olive oil

1 1/2 teaspoons garlic, minced

1 medium Roma tomato, chopped

salt and pepper

Sauce:

1/2 cup half and half or cream

1 1/2 teaspoons cornstarch

4 tablespoons Parmesan, grated

2 tablespoons butter

Sauce: Whisk the half and half with cornstarch. Bring the half and half to a boil in a small saucepan, stirring continuously. Add butter and Parmesan cheese. Remove from stove and set aside.

Briefly sauté all vegetables separately except the peas; set aside Toast nuts if raw; set aside.

Heat oil. Sauté garlic for 1 minute. Add all the vegetables including the peas; sauté 1 minutes. Add tomato; sauté 1 minute. Season with salt and pepper.

Re-heat the sauce, if necessary. Gently combine the sauce, spaghetti and vegetables, or serve the vegetables on top of the spaghetti mixed with sauce.

Spaghetti with Clam Sauce

Serves 2

3 tablespoons olive oil
1/2 teaspoon garlic, mashed
1/2 cup clam broth
1/8 cup dry white wine
6 ounces cooked clam meat
cooked spaghetti
1 tablespoon butter
1 tablespoon parsley, chopped

Sauté garlic over med heat for 30 seconds. Add clam broth and wine. Reduce liquid to 1/3 C+. Remove from heat.

Drain spaghetti; return to pan and stir in butter. Add clams to spaghetti and toss. Add salt and pepper to taste. Sprinkle top with parsley.

Three Cheese Baked Tortellini

Serves 6

18 ounces fresh cheese tortellini, cooked
in salted water for 3 ½ minutes.
1 large garlic clove, minced
1 large shallot, finely chopped
2 tablespoons oil
1 each: red, yellow and green bell
pepper, roasted, peeled and finely
chopped

3 ounces each: good quality smoked
Gouda, Gruyere and Muenster, partially
frozen and finely shredded
1/2 cup milk
1/3 cup chicken stock
2 tablespoons dry white wine or sherry
1 tablespoon fresh basil, finely sliced
1/2 teaspoon ground pepper

Sauté garlic, shallot and bell peppers in oil for 4 minutes until tender. Toss with tortellini. Toss cheeses with tortellini.

Boil milk, stock, wine, basil, salt and pepper. Pour over tortellini-cheese mixture. Do not stir.

Pour into greased baking dish. Cover with foil. Bake 375-degrees for 20 to 30 minutes or until sides are bubbling. Serve hot. Add additional milk if tortellini becomes dry.

Mushroom Calzone

Serves 6

Dough:

1-1/2 teaspoon dry yeast
1 tablespoon honey
1 cup warm water between 110 and
115-degrees
1 1/2 teaspoons salt
2 1/2 to 3 cups flour

Filling:

1 pound mushrooms, chopped
1/4 cup dried porcini mushrooms,
rehydrated

1/2 cup minced onion
2 cloves garlic, crushed
1 pound ricotta cheese
1 package. chopped spinach, cooked
and well drained
2 packed cups grated mozzarella
1/2 cup freshly grated Parmesan
salt and pepper
dash of nutmeg
2 tablespoons butter

Mix together in the food processor bowl yeast, honey and water. Add salt; then mix in flour to workable dough. Knead 5 minutes. Cover and set in warm place to rise until doubled, about 1 hour.

Meanwhile, make the filling. Sauté mushrooms, porcini, onion and garlic in butter until translucent; drain off liquid. Combine onion mixture and cheeses in bowl with spinach, mix well and season to taste with salt, pepper and nutmeg.

Punch dough. Divide into six pieces and roll out in rounds 7-inch diameter and ¼-inch thick. Put ¾ cup filling on one half of circle of dough, leaving a ½-inch rim. Moisten rim with water, fold the empty side over and crimp edge with fork. Prick calzone.

Bake on doubled baking trays with parchment paper at 450-degrees until lightly browned, about 15 to 20 min. Note: Bottoms have a tendency to burn.

***Athenian Pasta Salad**

Serves 4

Marinade:

3/4 cup loosely packed fresh dill

1/2 cup loosely packed fresh mint

1 large garlic clove, minced

3 ounces red onion, cut into 1-inch pieces

1/3 cup olive oil

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon salt

ground pepper

1 pound fusilli pasta, cooked and drained

1 pound large shrimp, shelled, cooked and chopped 1/2-inch pieces

6 ounces feta cheese, crumbled

Garnish: halved cherry tomatoes, Greek olives

Marinade: Add dill, mint , garlic and onion to food processor bowl. Pulse chop about 12 times. Add oil, lemon juice, salt, pepper; puree for 5 seconds.

Marinate shrimp in 1/4 cup dressing for 3 hours. Toss warm fusilli, shrimp and feta with dressing to taste. Cool. Garnish with cherry tomatoes halves and Greek olives. Pass remaining dressing separately.

Note: Can be served hot, cold or at room temperature. No not reheat as fusilli will break apart..

Tortellini with Salami & Cheese

Serves 4

3 large bell peppers: red, green,
yellow

4 ounces onion

1/2 cup fresh basil leaves

1/4 cup olive oil

2 tablespoons red wine vinegar

3/4 teaspoon salt

1/8 teaspoon red pepper flakes

15 ounces frozen cheese tortellini,
cooked

2 ounces spicy salami, 1/4-inch cubes

2 ounces imported provolone, 1/4-
inch cubes

Char peppers in broiler until black. Put in paper bag for 10 minutes to steam. Rub off charred skin. Cut peppers into 1/4 -inch julienne strips.

In the food processor bowl, coarsely chop onion with basil, oil, vinegar, salt and pepper using 5 on/off turns.

Combine peppers, tortellini, salami and provolone in bowl. Cool to room temperature. Just before serving add dressing to taste. Pass remaining dressing separately.

Fusilli with Garlic, Herb and Caper Sauce

Serves 4

1 pound dried fusilli, cooked	1/3 cup minced fresh basil
1/4 cup olive oil	2 tablespoons minced fresh thyme
1 large clove garlic	1 teaspoon dried red pepper flakes
3 shallots, sliced	1/3 cup freshly grated Parmesan
1/4 cup drained caper (1 1/2 teaspoon liquid reserved)	3 tablespoons imported Romano cheese

Sauté garlic and shallots in oil over medium-low heat for 2 minutes. Add capers and liquid; heat through. Add drained pasta to skillet. Mix in basil, thyme and red pepper. Sprinkle with cheeses. Note: Fusilli falls apart when re-heated.

Vegetarian-Cheese Sauce with Corkscrew Pasta

Serves 4

1 medium zucchini	1/2 cup Parmesan cheese
1 Japanese eggplant, peeled	1/2 pound curly pasta, cooked
1/2 medium onion	2 tablespoons olive oil
4 ounces mushrooms	1 cup chickpeas, drained
1 large red pepper	2/3 cup chicken broth

Quarter zucchini vertically; slice in feed tube of food processor. Cut eggplant in half cross-wise; insert in feed tube and slice. Peel and quarter onion; stand upright in feed tube and slice with firm pressure. By hand, slice mushrooms and pepper.

Sauté onion, pepper, eggplant and mushrooms in oil until tender, about 5 minutes; set aside

To work bowl add Parmesan and chickpeas with motor running, pour broth slowly through feed tube and puree.

Add chickpea mixture and zucchini to vegetables. Stir to combine and cook 2 minutes to heat through. Serve over pasta.

Alternate Method: Sauté all the vegetables including zucchini until tender. Puree all vegetables, chickpeas and cheese in food processor, adding chicken broth slowly through the feed tube. Heat thoroughly and serve over or toss with pasta.

Pasta Salad with Red Pepper and Cucumber

NOTE: This recipe would be best prepared one day before serving.

3/4 cups olive oil	1 small cucumber, peeled, halved, seeded and sliced
2 tablespoons freshly squeezed lemon juice	1/3 cup red onion, chopped
2 cloves garlic, minced	1/4 cup chopped fresh parsley, preferably Italian
salt and pepper	6 ounces feta cheese, crumbled
1 pound small shell pasta or other small shape	Anchovy fillets (garnish)
1 1/2 prepared roasted red peppers such as Peloponnese, coarsely chopped	Garnish: Greek Olives

Whisk together 1/2 cup olive oil, lemon juice, garlic, and salt and pepper to taste. Set dressing aside.

Cook pasta in 4 quarts boiling water until very *al dente*. Drain and toss in a large bowl with the remaining 1/4 cup olive oil. Cool to room temperature, occasionally stirring the pasta to coat thoroughly.

Add roasted peppers, cucumber, onion and parsley to pasta and mix well. Add reserved dressing and mix thoroughly. Gently stir in most of the cheese, reserving some for garnish. Garnish with anchovy fillets, olives and remaining feta cheese. Serve cold.

***Goat Cheese-Spinach Pasta**

Serves 8

1 pound spinach fettuccine

3 bunches fresh spinach leaves, rinsed, dried and coarsely sliced into 2-inch pieces

1/2 cup chicken broth

8 ounces herb goat cheese, broken into chunks

garnish: cherry tomatoes, sliced, room temperature.

salt and pepper

Cook fettuccine until barely tender. Add spinach and boil 30 seconds. Drain and return to pasta and spinach to the pot.

Meanwhile, boil chicken broth. Stir in goat cheese until melted and remove from heat. Add cheese mixture to pasta; mix to coat. Spoon pasta onto platter and scatter tomatoes over top. Season with salt and pepper.

Porcini Mushroom Pasta, Hot or Cold

Serves 6

1 pound small shell pasta, cooked

2 tablespoons butter

1 tablespoon olive oil

1 medium onion, minced

2 medium garlic cloves, minced

1 to 2 teaspoon fresh rosemary
leaves, minced

1 pound white button mushrooms,
stems trimmed and sliced thin

1 ounce dried porcini mushrooms

2 tablespoons minced fresh parsley

1/3 cup Parmesan, grated

salt and pepper

If served hot: mix in cooked peas

If served cold: mix in thinly sliced
green onion and finely chopped
celery. Add mayonnaise and/or
mustard to taste.

Place porcini mushrooms in small bowl and cover with 1 cup hot water. Soak 20 minutes. Gently remove mushrooms from liquid with fork. Wash under cold water if they feel gritty, then chop. Strain soaking liquid through sieve lined with paper towel. Reserve soaking liquid.

Sauté onion in butter and oil until translucent, about 5 minutes. Add garlic and rosemary; sauté 1 minute. Add sliced mushrooms; sauté until liquid evaporates, about 8 minutes. Add chopped porcini; sauté 1 to 2 minutes. Season with salt and pepper to taste. Add soaking liquid. Bring to simmer. Add cooked pasta and cheese; simmer for 1 to 2 minutes. Serve garnished with parsley.

Note: Good hot or cold. See additional ingredients above.

***Pasta Rustica**

Serves 8

Williams-Sonoma

Sauce:

¼ cup olive oil
2 yellow onions, chopped
4 garlic cloves, minced
1 pound chicken or turkey Italian
sausage, removed from casing and
broken into bite-size pieces
¼ cup fresh oregano, chopped
½ teaspoon red pepper flakes

2 cans (28 oz. each) tomatoes in
puree
salt to taste

1 pound. penne pasta, cooked al
dente and drained well
1 ¼ cups whole milk ricotta cheese
2 cups shredded Fontina cheese
½ cup grated Parmesan

In large sauté pan (with lid) heat oil. Add onion and cook until golden, about 5 minutes. Add garlic and cook, 1 minute. Add sausage and cook until no longer pink, about 6 minutes. Stir in, oregano and red pepper. Add tomatoes with puree

and bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Taste and adjust seasonings.

Preheat oven to 350-degrees. Lightly oil a large, heavy 13x9x2 baking dish. In a large bowl, toss pasta with sauce, ricotta and fontina. Spread in baking dish and sprinkle with Parmesan. Bake until cheeses are melted and tops of pasta are crusty, about 30 minutes. Let stand 5 minutes before serving.

***Pasta Puttanesca**

Serves 4

Martha Stewart

1 pound spaghetti or linguine
3 tablespoon olive oil
6 medium cloves garlic, minced
½ teaspoon crushed red pepper flakes
10 to 12 anchovies, rinsed and minced

1-28oz can diced tomatoes with juice
3 tablespoon capers or chopped green olives, drained
½ cup Greek olives, pitted and coarsely chopped
2 tablespoon coarsely chopped parsley

Heat oil in large skillet over medium heat. Add garlic, red pepper flakes and anchovies. Cook, stirring until aromatic, about 1 to 2 minutes. Add tomatoes, capers and olives. Bring to boil. Lower heat to a fast simmer and cook stirring frequently, until thickened, about 5 minutes.

Meanwhile, Cook pasta in 1 gallon salted boiling water until al dente. Drain.

Stir sauce into drained pasta. Stir in parsley. Serve immediately.

Serving Suggestions: Italian turkey sausage sliced on diagonal with spinach salad.

***Biba's Ricotta Squash Gnocchi**

Serves 6 to 8 as a side dish

Biba Caggiano's Mother

2 pounds butternut squash

1 large egg, lightly beaten

1 cup whole-milk ricotta

$\frac{3}{4}$ cup Parmigiano-Reggiano, grated

5 teaspoons coarse salt

1 $\frac{2}{3}$ + cups unbleached flour

10 fresh sage leaves, torn

coarse salt

$\frac{1}{3}$ - $\frac{1}{2}$ cup Parmigiano-Reggiano,
grated

Preheat oven to 375-degreen. Line baking sheet with heavy foil. Cut squash in half lengthwise. Place on baking sheet, cut side down. Cover with foil. Bake until tender, 1 to 1 $\frac{1}{2}$ hours. Let cool slightly; remove and discard seeds and scrape pulp from skin. Place pulp in large kitchen towel (not terrycloth), wrap it around the squash, and squeeze out approximately $\frac{3}{4}$ cup of the juice.

In large bowl, combine squash pulp, egg, ricotta, cheese, 2 teaspoons salt, and 1 $\frac{2}{3}$ cups flour. Mix with wooden spoon or your hands until thoroughly

blended together. Transfer mixture to lightly floured board. With your hands, work gently into dough adding more flour if the dough is sticky. Dust dough lightly with flour and place in a bowl. Cover with towel and refrigerate 2 to 3 hours.

To form the gnocchi, cut off a piece of dough about the size of an orange. Flour your hands lightly, using both hands, roll out the piece of dough with a light back-and-forth motion into a rope about the thickness of your index finger. Cut the rope into 1-inch pieces. Hold a fork with the tines against the work surface, the curved part of the fork facing away. Starting from the bottom of the tines of the fork, press each piece of dough with your index finger firmly upward along the length of the tines, then let the gnocchi fall back onto the work surface. Repeat with remaining pieces. Transfer gnocchi to a lightly floured platter or baking sheet.

Bring a large pot of water to boil over high heat. Add remaining 1 tablespoon salt and gnocchi. Cover pot, and cook until water returns to a boil. Uncover, and cook until gnocchi rise to the surface, about 1 to 2 minutes. Let cook for just 20 to 30 seconds more.

While the gnocchi are cooking, make the sauce. Melt butter in large skillet over medium heat. When it begins to foam, add sage, and stir a few times.

Remove gnocchi from the pot with a slotted spoon, draining off excess water. (If you are not yet ready to serve, place gnocchi on a lightly oiled platter.) Place in skillet. Season lightly with salt and add a small handful of cheese. Stir over medium heat until gnocchi are well coated with butter. Adjust for seasoning.

Lemon-Parsley Orzo

Serves 8

Cooks Illustrated

4 cups chicken broth
4 cups water
2 cups orzo
1 tablespoon butter
½ cup minced parsley
grated rind of 1 lemon
salt and fresh ground pepper

Bring stock and water to boil. Add salt and orzo. Cook uncovered for 10 to 12 minutes or until tender. Drain thoroughly; reserve liquid. Toss with butter, lemon rind, parsley and lots of pepper to taste and a little salt if needed. Add additional cooking liquid if too dry. Serve immediately. Good with lamb dishes.

Spicy Couscous with Raisins

Serves 6 (2)

1 onion, finely chopped

1 tablespoon olive oil

Optional: ½ cup sliced almonds

½ cup raisins

1 ½ teaspoons ground cumin

½ teaspoon ground turmeric

¼ teaspoon ground cinnamon

About 3 ¼ cups chicken broth (¾ cup)

2 tablespoons butter (1 ½ teaspoons)

2 cups couscous (1/2 cup)

Sauté onion in oil until golden, about 5 minutes. Add almonds and raisins; cook one minute. Add cumin, turmeric and cinnamon and continue to cook, stirring, until almonds and spices are just toasted, about one minute more.

Add 3 cups broth and butter and bring mixture to boil over high heat. Stir in couscous, cover the pan, and remove the pan from the heat. Let stand until all of the liquid has been absorbed, at least 5 minutes, or up to 1 hour. Fluff with a fork before serving.

Macaroni Salad

Serves 4

7 ounce elbow macaroni, cooked and drained
2 tablespoon vinegar
1/2 cup chopped green pepper
1/4 cup diced celery
2 tablespoon pickle relish
Optional: 1/2 4-ounce jar chopped pimento
2 tablespoons minced green onion
1/2 cup each: diced cheddar cheese, cubed Polish sausage
2/3 cup mayonnaise

Add vinegar to macaroni and mix lightly; let stand 10 minutes. Stir in the remaining ingredients.

Variation: Instead of mayonnaise try basil olive oil

Diana's Meat Sauce for Pasta

Serves 8

Meat:

1 pound stew meat
olive oil
1 can beef broth
seasonings: carrot, onion, parsley,
celery

Sauce:

3 large garlic cloves, minced
1 tablespoon olive oil
1 28 ounce can S&W Ready-Cut
tomatoes

1 tablespoon oregano
½ teaspoon sugar
1 teaspoon cinnamon
¼ teaspoon cayenne

3 cups tomato sauce
1 ½ tablespoons sherry vinegar
salt and pepper
1 pound rigatoni
1 tablespoon butter
garnish: minced parsley

Meat: Dry off the meat with paper towels; lightly season with salt and pepper. Brown meat in olive oil. Add beef broth and seasonings. Bring to a boil and simmer, covered, for about 2 hours or until very tender. Drain saving the liquid. Let the meat cool somewhat; chop the vegetables and shred the meat with your hands. Set aside.

Sauce: Sauté garlic in olive oil. Add tomatoes, oregano, sugar, cinnamon, cayenne. Reduce until the tomatoes are the consistency of tomato paste; stirring occasionally. Transfer the sauce to a large heavy saucepan. Add the meat-vegetables mixture, drained liquid and tomato sauce. Simmer covered 8 to 10 minutes. Stir in sherry vinegar. Season to taste.

Meanwhile, bring a gallon of salted to water to boil. Add rigatoni and simmer until still firm, about 15 minutes. Drain and return to the pot tossing with the butter.

Serve sauce on top of rigatoni garnished with parsley.

Couscous

Serves 6 (2)

1 onion, finely chopped
1 tablespoon olive oil
½ cup raisins,
1 ½ teaspoon ground cumin

½ teaspoon ground turmeric
¼ teaspoon ground cinnamon
about 3 ¼ cups chicken broth (¾
cup)
2 tablespoons butter (1 ½ teaspoon)
2 cups couscous (1/2 cup)

Soak raisins in hot water for 15 minutes; drain. Sauté onion in oil until golden, about 5 minutes. Add raisins cooking 1 minute. Add cumin, turmeric and cinnamon and continue to cook, stirring, until spices are just toasted, about one minute more. (If making ahead, add about ¼ cup broth to help remove the seasonings from the pan, then transfer the cooled mixture to airtight container, chill up to 3 days or freeze up to a month.)

Add 3 cups broth and butter and bring mixture to boil over high heat. Stir in couscous, cover the pan, and remove it from the heat. Let stand until all of the liquid has been absorbed, at least 5 minutes, or up to 1 hour. Fluff with a fork before serving.

Lasagna Bolognese

Serves 8

Meat Sauce (Ragu):

1 medium carrot, peeled and
roughly chopped
1 medium celery rib, roughly
chopped
½ small onion, roughly chopped
1 can (28 ounces) whole tomatoes
with juice
2 tablespoons unsalted butter
8 ounces ground beef\
8 ounces ground pork
8 ounces ground veal
1 ½ cups whole milk
1 ½ cups dry white wine

2 tablespoons tomato paste
1 teaspoon salt
¼ teaspoon pepper

Bechamel:

4 tablespoons unsalted butter
¼ cup flour
4 cups whole milk
¾ teaspoon salt

9 ounces no-boil lasagna noodles
4-8 ounces shredded
mozzarella/Parmesan cheeses

For the meat sauce: Process carrot, celery, and onion in food processor until finely chopped, about ten 1-second pulses, scraping down bowl as necessary; transfer mixture to small bowl. Wipe out food processor workbowl; process tomatoes and juice until finely chopped, six to eight 1-second pulses. Heat butter in heavy-bottomed Dutch oven over medium heat until foaming; add carrot, celery, and onion and cook, stirring occasionally, until softened but not browned, about 4 minutes. Add ground meats and cook, breaking meat into 1-inch pieces with wooden spoon, about 1 minute. Add milk and stir, breaking meat into 1/2-inch bits; bring to simmer and cook, stirring to break meat into small pieces, until almost all liquid has evaporated, 20 to 30 minutes. Using potato masher or wooden spoon, break up any remaining clumps of meat (no large pieces should remain). Add wine and bring to simmer; cook, stirring occasionally, until liquid has evaporated, 20 to 30 minutes. Stir in tomato paste until combined, about 1 minute; add chopped tomatoes, salt, and pepper. Bring to simmer, then reduce heat to medium-low and cook until sauce is slightly thickened, about 15 minutes. (You should have about 6 cups meat sauce.)

Transfer meat sauce to bowl and cool until just warm to touch, about 30 minutes.

2. **For the béchamel:** While meat sauce simmers, melt butter in medium saucepan over medium heat until foaming; add flour and cook, whisking constantly, until thoroughly combined, about 1 1/2 minutes; mixture should not brown. Gradually whisk in milk; increase heat to medium-high and bring to full boil, whisking frequently. Add salt, reduce heat to medium-low, and simmer 10 minutes, stirring occasionally with heatproof rubber spatula or wooden spoon, making sure to scrape bottom and corners of saucepan. (You should have about 3 1/3 cups.) Transfer béchamel to bowl and cool until just warm to touch, about 30 minutes.

3. **To assemble and bake:** Adjust oven rack to middle position; heat oven to 425 degrees. Place noodles in 13- by 9-inch baking dish and cover with very hot tap water; soak 5 minutes, agitating noodles occasionally to prevent sticking. Remove noodles from water, place in single layer on kitchen towel, and pat dry. Wipe out baking dish and spray lightly with nonstick cooking spray. Stir

béchamel to recombine; mix 3/4 cup warm béchamel into warm meat sauce until thoroughly combined.

4. Distribute 1 cup béchamel-enriched meat sauce in baking dish. Place three noodles in single layer on top of sauce, arranging them close together, but not touching, at center of pan. Spread 1 1/4 cups béchamel-enriched meat sauce evenly over noodles, spreading sauce to edge of noodles but not to edge of dish (see illustration 1). Drizzle 1/3 cup béchamel evenly over meat sauce (illustration 2). Sprinkle 1/3 cup Parmesan evenly over béchamel. Repeat layering of noodles, béchamel-enriched meat sauce, bechamel, and cheese 3 more times. Place final 3 noodles on top and cover completely with remaining béchamel, spreading béchamel with rubber spatula and allowing it to spill over noodles (illustration 3). Sprinkle evenly with remaining Parmesan.

5. Spray large sheet foil with nonstick cooking spray and cover lasagna; bake until bubbling, about 30 minutes. Remove foil, increase heat to 450 degrees, and continue to bake until surface is spotty brown, about 15 minutes. Cool 15 minutes; cut into pieces and serve.

