



## **Autumn Lasagna with vegetable scraps and Parmigiano Reggiano rinds ragu**

by Francesco Rompianesi from Modena Food Lab

*It's a delicious vegetarian recipe that can be made all year long with different vegetables in season and lots of creativity.*

### **INGREDIENTS**

- Lasagna sheets
- Parmigiano Reggiano rinds
- Leftovers of vegetables (for example radicchio and cauliflower leaves; leeks and onions; bottom of celery; fennel tops)
- Fresh vegetable in season (pumpkin; potatoes; turnips)
- Fresh Milk
- Flour
- Spices: black pepper; nutmeg

### **METHOD**

Clean the Parmigiano Reggiano Rinds and bake them in the oven for 20 mins at 180°, unless they are soft and a bit melt. Let them cool down at room temperature and save the precious cheesy liquid fat they have produced during the cooking. Mince the rinds in a meat grinder (or simply cut them in really small pieces) to obtain a sort of ragu'. Make a classic besciamella with milk and flour using the Parmigiano Reggiano liquid fat instead of butter. Season the sauce with nutmeg and black pepper, no salt is needed because Parmigiano Reggiano fat is giving a savoury touch. Clean up and cut all the veggies, then saute them in a pan with extra virgin olive oil until well cooked. Prepare the lasagna in a baking trail: start with a layer of Lasagna sheets, then add a generous spoonful of besciamella sauce, then some veggies and Parmigiano Reggiano ragu' in abundance to finish. Repeat to fill the trail, finishing with besciamella sauce. Bake in the oven for 30 mins at 180°