

Pastitsio Recipe Greek Lasagna

<https://moneysmartfamily.com/money-saving-tips/ground-beef-main-dish-recipes/#pastichio>



Also spelled "Pastichio" from the Economides Kitchen – 3rd Generation

This is a family favorite recipe that was handed down from Steve's grandmother to his mom and then to Annette.

Meat Mixture Ingredients

- 2 lbs Ground Beef (80/20 or 85/15 are best)
- 1 Onion Diced Fine
- Salt and Pepper
- 1 Can of Tomato Paste – 3oz
- 1 tsp. Cinnamon
- ½ tsp. Nutmeg
- 1 lb of Pastichio Noodles. These can be found at Greek or Italian deli/markets, or even at a Middle Eastern market or restaurant.

White Sauce Ingredients (Bechamel Sauce)

- 1 Stick of Butter (4 oz) melted in pan
- 1 Cup of White Flour
- 6 Cups of Milk
- 6 to 9 Large Eggs
- ½ tsp Baking Powder
- ½ tsp Nutmeg
- ½ Cup of Grated Cheese (Parmesan, Romano,

Kefalotiri or a mixture of any of the above)

- Corn Starch to thicken

Directions are on page 2

Directions

Prepare the Meat Mixture

Cook the ground beef with the diced onion, salt and pepper.

Drain off the liquid (fat/grease).

Add Tomato Paste, Cinnamon and Nutmeg. Mix and warm up until blended. Set this aside for later.

Layer Noodles and Meat Mixture

Cook long tubular Pastichio Noodles til just under cooked (par boiled) about 6 to 8 minutes.

Drain, rinse and lay half of the noodles in 11 x 15 greased baking pan.

Lay meat mixture on top of the noodles.

Layer remaining Noodles on top of meat mixture and set aside.

Prepare the White Sauce

Melt Butter in a pan and whisk in the flour until smooth.

Slowly blend in the milk on a low temperature.

Beat 6 eggs in a bowl and slowly add to the white sauce mixture until blended.

Turn heat up just above medium temperature setting to thicken for about 5 to 10 minutes. Add baking powder, nutmeg and cheese to the mixture. Keep stirring.

As mixture thickens, liquefy 1 table spoon of cornstarch with water in a separate bowl. Add liquid cornstarch to mixture. Repeat cornstarch step a second time if needed to thicken the mixture.

Pour ½ of the white sauce mixture over the meat and noodle layers.

Cooking Directions

Bake at 350° for 20 minutes, then add the remaining white sauce to the top of the pan.

Sprinkle with a small amount of grated cheese mixture.

Cook for an additional 60 minutes until top is golden brown.

Allow to sit for 30 minutes before cutting so that the mixture will set-up.

Serves 10 to 15 people.