

PASTITSIO

The Hinchliffe family recipe

Ingredients

Meat sauce

- 1 big onion (chopped, sauteed)
- ¼ lb. butter
- 3 lb ground beef
- 1 Tbsp salt
- ½ tsp pepper
- Sprig of mint
- 1 (6 oz) can tomato paste
- ½ cup water (or wine)
- Cinnamon and nutmeg to taste
- 2 tsp fresh parsley, chopped

Béchamel Sauce

- 2 qt milk
- 12 Tbsp flour
- 12 Tbsp butter
- 6 cups hot milk (not boiling)
- Salt + pepper to taste
- ½ tsp nutmeg
- 8 egg yolks, lightly beaten
- 1 cup Parmesan cheese, grated

- 1 (32 oz) package macaroni
- 10 eggs, beaten
- 1 cup (2 sticks) butter
- 1 ½ cups Parmesan cheese, grated

Directions

Béchamel sauce

- Boil 2 qt milk – make a paste of ½ cup or more of flour and 3 Tbsp of butter and hot milk
- Cook until thick and creamy – beat constantly
 - Add 2 eggs and 1 cup grated Parmesan and cook a little longer
- Preheat oven to 350°F
- In 2 qt of salted boiling water add 2 lbs macaroni and boil until macaroni is tender
 - Strain macaroni and put in a larger pan
- Add 10 eggs (beaten), ½ lb butter and 1 ½ cups grated Parmesan
- Mix together and pour half of macaroni mixture into a buttered pan

- Cover with meat sauce and spread evenly
- Cover with remaining macaroni mixture
- Spread béchamel over macaroni
- Beat one egg and spread over béchamel (to give color)
- Sprinkle top w/ grated cheese
- Bake for 30 minutes and serve!