

butternut squash lasagna

Cuisine: **Italian**
Food category: **Vegetables**



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Company: **Retigo**



Program steps

Preheating:

180 °C

1	Steaming		Termination by time	00:15 hh:mm	99 °C	50 %	
2	Hot air	100 %	Termination by time	00:40 hh:mm	180 °C	100 %	

Ingredients - number of portions - 100

Name	Value	Unit
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Name	Value	Unit
frozen diced butternut squash	7.5	kg
skimmed milk	3	l
white onion	1	kg
butter soft	200	g
vegetable broth	400	g
Instant Dehydrated White Red	60	g
goat cheese	3	kg
lasagna	2.5	kg
salt	50	g
garlic	75	g
thyme	15	g
grated Emmental cheese	550	g

Nutrition and allergens

Allergens: 7, dairy, gluten, Milk

Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Manganese, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Sodium, Zinc, Zn

Vitamins: A, B, B12, B2, C, D, E, Folate, K, Kyselina listová, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K

Directions

- Arrange the diced butternut squash in perforated gastronorm containers.
- Bake in steam mode, coarsely mash the squash, then keep warm.
- Sweat the garlic and onion in fat over low heat until translucent.
- Add the mashed squash and thyme. Season to taste. Cover and let simmer to allow the flavors to develop.
- Off the heat, stir in the goat cheese and loosen the mixture with a vegetable broth previously whisked into boiling water.
- Prepare a béchamel from milk and white roux, seasoning as needed.
- Coat the bottom of the filled gastronorm containers with a layer of butternut squash mixture. Cover with a sheet of lasagna. Repeat the operation, alternating layers of mixture and lasagna sheets until all ingredients are used up.
- Finish with a layer of béchamel and sprinkle with grated Emmental.
- Bake in the oven until the top is well gratinéed and golden.

Nutritional value of one portion	Value
Energy	193.5 kJ
Carbohydrate	14.8 g
Fat	11.1 g
Protein	10.2 g
Water	80.8 g