

Minced meat gratin with bechamel sauce

4-6 servings

500 g ground beef or mixed ground beef
1 yellow onion
3 cloves of garlic
1 carrot
2 tbsp tomato paste
3 tbsp wheat flour
4 dl veal stock
1 dl red wine
3 tsp dried oregano
3 tsp dried thyme
2 tsp ground cinnamon
1 tsp chili flakes
10 cm leek

Béchamel sauce

50 g butter
3 tbsp wheat flour
3 dl milk
3 dl cream
1 tsp grated nutmeg
Parmesan cheese

Preheat oven to 200 °C (392 F).

Chop the onion and grate the carrot.

Brown the minced meat in a frying pan until the minced meat crumbles. Add the onion, carrot and tomato paste and brown for a few more minutes.

Dust the wheat flour over and stir. Pour in the broth while stirring and add the wine.

Add spices and season with salt and pepper.

Let the meat sauce cook for about 10 minutes.

Shred the leek and mix into the sauce.

Bechamel sauce

Heat the milk and cream in a saucepan.

Melt the butter in a saucepan and add the flour. Whisk until there are no lumps of flour.

Whisk in the milk and cream, a little at a time, and cook for about 5 minutes, stirring.

Season with salt and grated nutmeg.

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Put the meat sauce in an ovenproof dish.

Pour over the bechamel sauce and grate the parmesan.

Bake in the oven for about 15-20 minutes until the gratin has a nice color.