

Seafood lasagne *(Pasta & rice main dishes)*



Preparation

Cut the cuttlefish into slices. Cook the clams in a pan with some hot oil until they open. Shell the prawns and cut half of them in two; keep the other half whole. Remove the skin from the salmon, and all the bones, and cut into pieces. Chop the parsley with a clove of garlic and sauté for a few seconds, add the cuttlefish and cook for a few minutes. Pour in the white wine and add the tomato sauce. Add salt and a little sugar. Add the chopped shrimp and a dash of cooking juices from the clams and the clams themselves. Add the salmon and finally the whole prawns. Now you have made your fish sauce. Make the béchamel following our basic recipe. Now make the lasagna following our basic recipe with egg pasta. In a medium sized oven dish add a little béchamel and then a layer of lasagne. Add another layer of sauce and then a layer of fish sauce, then more lasagne, and so on until all the ingredients are used up. The last layer will consist of lasagna and a covering of béchamel. Bake at 180°C for 20 minutes.

Tips

You can keep lasagna in the fridge in an airtight container for 2-3 days at most.

Trivia

Although lasagna has known its greatest fame and has spread across the world since World War II onwards, in ancient Rome there was a similar dish. And we read in 'The culinary art of Apicius' that lasagna was the favourite dish of Cicero.

Information

Preparation 90 minutes

Total Time 20 minutes

Serves X Serves 6 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

King prawns 300 grams

Clams 300 grams

Salmon 150 grams

Cuttlefish 300 grams

Tomato passata 250 millilitres

Salt

Sugar

Béchamel 1000 millilitres

Egg pasta dough 400 grams