

## Lasagne di mare



### INGREDIENTS

12 Pieces Lasagne  
1L besciamella  
1 Garlic clove chopped  
1 Medium onion chopped  
250 gr. Shrimps  
250 gr. Clams  
250 gr. Squids  
500 gr Mussels  
Butter  
Salt to taste  
Black pepper to taste  
[Extra Virgin Olive Oil Oro, Frantoio Converso](#)  
[Tomato Passata, Punto Verde](#)

## Wine pairing suggestions



[Pecorino Le Murate, Nicodemi](#)

## Description

A "southern" interpretation of a classic Italian dish, the Seafood lasagne is also an alternative for people who do not like or can eat, meat. Simply delicious

## Preparation

First, drain the clams and cockles in 2 bowls filled with cold water with coarse salt for 2 hours, then rinse the mussels and clams well and set them aside.

In the meantime, dedicate yourself to cleaning the other ingredients. Scrape the shells of the mussels with a scouring pad or a small knife under running water and remove the fine linen. Remove the shrimp shells and rinse them under running water, then wash and clean the squid too, removing the skin, entrails and the spout placed between the tentacles, then cut them into small pieces.

To open the mussels and clams put them in 2 large pans over high heat: it will only take a few minutes. As soon as they are open, turn off the heat, peel them and keep them aside in a bowl.

Cook the lasagne pasta sheets according to package directions. While lasagne is cooking, put EVO in a large, non-stick pan over high heat add the onion and garlic and saute for a few minutes, when the garlic and onion are golden, add the squid and let them fry for 2-3 minutes; pour 1 glass of white wine and, once the alcohol has evaporated, cook the squid for 4-5 minutes. Remove them from the pan and set aside together with the mussels, clams and shrimps.

Put the passata in the pan where you cooked the squid and let it go for at least 13-15 minutes, seasoning with salt and pepper. At this point, add all the seafood to the pan, saut   for 2-3

minutes and turn off the heat.

Take a baking tray and butter it or use EVO if you prefer, then spread a layer of besciamella on the bottom and place a few sheets of pasta on top to line the surface of the pan.v

Pour another layer of besciamella over the lasagna and a few tablespoons of the fish mix with the sauce.

Continue in this way alternating the ingredients and finish with a layer of b  chamel, then sprinkle with pepper.

Bake the lasagna at 180    C for about 20-25 minutes, then take it out of the oven and let it rest for 5 minutes before serving.

**To prepare the besciamella.** In a saucepan, over low heat, put 100gr of butter and let it melt. Once the butter has melted, remove the saucepan from the heat and add 100gr of flour, little by little. To obtain a perfectly smooth, homogeneous and lump-free besciamella, the secret is to add the flour gradually and stirring constantly, taking care to add more only when the previous one is well blended with the butter. Now return the saucepan to the heat, again over low heat, until it has acquired an amber color (it will take a couple of minutes). Meanwhile, pour 1L of milk into another saucepan and put it to heat until it becomes hot, not boiling. Then remove the butter and flour saucepan from the flame and slowly add the hot milk, always continuing to mix with a hand whisk. Once the milk has been poured, return the mixture to the heat and flavor it with salt and nutmeg to taste: over low heat continue cooking until the b  chamel has thickened to the right point. Please remember to stir the sauce frequently.