



Pastisio

1/3 cup olive oil	2 pounds Ground Beef or Lamb
1 large chopped onion	3-4 cloves garlic minced
1-28 oz. can tomato sauce	2 teaspoons ground cinnamon
pepper to taste	1/2 cup grated Romano cheese
1 sprig fresh oregano leaves minced or 1 teaspoon dried oregano	
2-3 sprigs fresh Italian parsley minced	

Brown beef or lamb in Dutch oven until done... Add onion and garlic and cook a little more... Add tomato sauce and spices. Let simmer for about 1 hour. Remove from heat and stir in the romano... (there is no need to add salt because the cheese has enough salt in it).

Cook 1 pound cut ziti pasta or large elbow pasta according to package directions and drain well.

Layer half the pasta in a large baking dish. I use a 10x15 deep stainless pan. Be sure to allow enough room. Top with the meat mixture. Then add the remaining pasta. Set aside.

Up to this point you can prepare the casserole ahead of time, cover it with saran and refrigerate until ready to make the last layer.

Prepare the following sauce:

1/2 cube butter	4 tablespoons flour
3 cups milk	dash of white pepper
2 beaten eggs	1/2 cup imported grated romano cheese

Melt butter in a saucepan. Whisk in flour and pepper...

Add milk all at once and whisk until smooth. Cook and stir over medium heat until mixture is thick and bubbly. Stir some of the mixture into beaten egg whisking well. Return egg mixture to saucepan. Cook and stir a little more. Stir in the romano cheese. Pour sauce over the top pasta layer. Sprinkle with additional grated romano.