
Chicken Vegetable Lasagna in Parmesan Custard

Caragiulos Restaurant - Sarasota, FL

Sarasota's Chef Du Jour - 1992

CUSTARD

1 stick butter

1/2 cup + 2 tablespoons flour

4 cups milk

2 cups chicken stock

6 whole eggs

1 cup grated Parmesan cheese

salt (to taste)

pinch ground red pepper

pinch ground nutmeg

LASAGNA

20 lasagna noodles

2 tablespoons butter

1 onion, chopped

1 clove garlic, minced

3 whole chicken breasts, cut into 1/4-inch strips

1 pound blanched broccoli, chopped

1/2 cup shredded carrot

1/2 cup sliced mushrooms

1/2 pound fresh spinach

1 pound sliced or shredded mozzarella cheese

1/2 cup grated Parmesan cheese

1/4 cup Italian flat leaf parsley, chopped

Make the custard: In a medium saucepan, melt the butter. Stir in the flour, over low heat, until smooth and golden. Stir in the milk. Whisk over medium heat until smooth. Stir in the chicken stock. Cook until thick and smooth.

In a separate bowl, beat the eggs. Gradually whisk the sauce into the eggs. Return to a saucepan and let stand off of the heat. Stir in the cheese. Season with salt, pepper and nutmeg.

After cooking the lasagna noodles al dente, let the noodles sit in a bowl of cool water until ready to use.

In a large skillet, melt two tablespoons of butter. Add the onion. Saute' until golden. Stir in the garlic. Saute' for 1 minute. Add the chicken strips. Cook for 2 minutes. Add the carrot, broccoli, mushrooms and spinach. Cook until tender. Season with salt and pepper.

In a 9x13-inch baking dish, spoon about one cup of custard into the bottom of the dish. Arrange the dry noodles slightly overlapping on the dish bottom. Arrange one-half of the vegetable mixture over the noodles. Drizzle with one cup of the custard.

Add a layer of 1/3 of the mozzarella cheese. Sprinkle with two tablespoons of the Parmesan cheese. Arrange a second layer of the lasagna noodles. Repeat.

Top the last layer of the lasagna with the remaining mozzarella, parmesan and custard.

Cover the baking dish tightly with aluminum foil.

Bake at 350 degrees for approximately one hour.

Let stand at least 20 minutes before serving.

Yield: 6 to 8 servings

Pasta

Per Serving (excluding unknown items): 9271 Calories; 239g Fat (23.5% calories from fat); 351g Protein; 1399g Carbohydrate; 54g Dietary Fiber; 1659mg Cholesterol; 8844mg Sodium. Exchanges: 88 Grain(Starch); 11 1/2 Lean Meat; 5 Vegetable; 4 Non-Fat Milk; 34 Fat.