



Oven Baked Pasta/ Makaronia tou Fournou

PrepTime 30 minutes
Cook Time: 90 minutes
Serves: 10+ people
Cypriot cuisine

*Allergens: Gluten, Eggs, Dairy/Milk



Ingredients

- Pasta 1 package (bucatini)

For the mince meat sauce:

- Vegetable Stock
- 1kg pork mince meat
- 1 large yellow onion (chopped)
- Olive oil
- Cinnamon powder
- 250gr Dry Anari or Halloumi cheese grinded
- Dry mint
- Fresh Mint
- Fresh parsley
- 8 tbsp bread crumbs
- Salt & pepper

For the Bechamel sauce:

- 100 gr butter
- 6 round tbsp flour
- 4 cups of milk (warm)
- 2 cups of vegetable stock (from the water we boiled the pasta)
- 3-4 eggs
- Some Anari cheese grinded
- Salt & pepper

Tips:

- You need 1 full tablespoon of flour for each cup of liquid.
- You can replace the vegetable stock with 2 cups of fresh cream



Preparation

Meat:

- In a large saucepan, heat the olive oil, add the onion and saute for the onion to get “transparent”.
- Add the minced meat, cook together over a slow heat. Add salt & pepper.
- When the meat is almost ready, add the parsley & the fresh mint and the cinnamon powder. Cook for another 3 - 4 minutes.

Pasta:

- Cook the pasta with plenty of salted water. Drain and set aside to cool down as well.

Bechamel:

- In a large saucepan add the butter to melt and add the flour. Cook the flour and the butter for 5 mins.
- Start adding the warm milk & vegetable stock slowly, slowly stirring continuously until the sauce is thick and smooth. Remove from heat and add salt & pepper and some cinnamon powder and the eggs. Add some cheese.

Assembly:

- Sprinkle the pasta with some cheese & dry mint.
- Place the half of the pasta in a baking tray.
- Cover with the minced meat, add some cream and top with the remaining pasta.
- Cover the pasta with the bechamel sauce, add salt pepper, Cheese and sprinkle with the breadcrumbs.
- Cook in a moderate oven for 30- 40 minutes.



The sauce we call Béchamel in Greece and Cyprus is actually Mornay sauce. Authentic béchamel doesn't contain eggs or cheese.



Talatouri Dip

Traditional Cypriot dip, that is called Talatouri, which is also a yogurt based sauce very similar to Greek tzatziki.

Ingredients

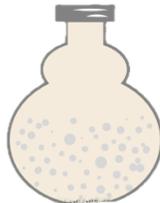
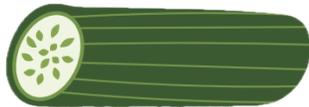
- 1 cucumber (graded)
- 1-2 cloves of garlic, minced
- 2 cups strained Greek yogurt
- 1 tablespoon vinegar
- 2-3 tbsp chopped mint (fresh or dry)
- a pinch of salt

Preparation



Prepare this traditional Talatouri sauce for your friends and family and serve as a delicious dip with some warm pita breads aside, or as a sauce for Greek-style souvlaki.

- Grate the cucumber into a large bowl (if you wish remove the skin and the seeds).
- Season with salt and leave aside for 10 minutes.
- Squeeze the cucumber in order to get rid of the excess water.
- In a bowl, add the cucumber, the minced garlic, the yogurt, vinegar, mint, a pinch of salt and stir until all combined.
- Store in the fridge and always serve cold.



*Allergens: Milk / Dairy

Enjoy!

