



Garden Fresh Farm Recipes

Pastitsio

Traditional Greek Pasta Pie

At RizzieFarms, we love the way this dish takes our favorite moussaka-style meat sauce and wraps it into a hearty baked pasta. Pastitsio is the Greek answer to lasagna: layers of pasta, rich cinnamon-spiced beef or lamb, and a blanket of creamy béchamel baked until golden and bubbling. It's farmhouse comfort food at its finest, perfect for gathering around the table with family and friends.

Ingredients:

Meat Sauce

- 1 lb ground beef or lamb
- 1 red onion, chopped
- 1 clove garlic, chopped
- 1 (14 oz) can chopped tomatoes
- 1 tbsp tomato paste
- ½ tsp sugar
- ½ cup red wine
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 bay leaf
- ¼ tsp cinnamon
- ⅛ cup olive oil

Pasta Layer

- 12 oz tubular pasta (penne, bucatini, or ziti)
- 2 tbsp butter
- 1 egg, lightly beaten
- ½ cup grated Pecorino Romano or Parmesan cheese

Béchamel

- 4 tbsp butter
- 4 tbsp flour
- 4 cups whole milk, warmed
- Pinch of nutmeg
- Salt and pepper to taste
- 2 eggs, lightly beaten
- ½ cup grated Pecorino Romano or Parmesan cheese



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Directions:

Make the meat sauce first. Warm olive oil in a large skillet, add onion and garlic, and sauté until fragrant. Stir in the beef or lamb and cook until browned. Add tomato paste, chopped tomatoes, red wine, sugar, salt, pepper, cinnamon, and bay leaf. Simmer about 30 minutes until thick and rich. Remove the bay leaf and set aside.

Cook the pasta in salted boiling water until al dente. Drain, toss with butter, beaten egg, and grated cheese.

For the béchamel, melt butter in a saucepan, stir in flour, and cook briefly to make a roux. Slowly whisk in warm milk until smooth and thickened. Season with nutmeg, salt, and pepper. Cool slightly, then whisk in eggs and cheese.

To assemble, butter a large baking dish and spread pasta evenly on the bottom. Spoon meat sauce over the pasta. Pour béchamel on top, spreading to cover completely. Finish with extra Pecorino.

Bake at 350°F (175°C) for 45 minutes, until the top is golden. Rest at least 15 minutes before slicing so the layers hold together.

Pairing Suggestions

Serve with a crisp Greek salad of tomatoes, cucumber, red onion, olives, and feta for brightness and crunch. Crusty bread or garlic pita is perfect for mopping up sauce, and lemon-roasted seasonal vegetables bring balance.

To drink, try a robust Greek red such as Agiorgitiko or an Italian Chianti. A crisp white like Assyrtiko offers refreshing contrast. For non-alcoholic pairing, sparkling water with lemon keeps it light. End the meal with honey yogurt, fresh fruit, or baklava for a farmhouse feast.