
CASSEROLE FOR TWO



INGREDIENTS:

6 TBSP of butter (4 for the sauce and two to toss the cream sauce with.

1/4 cup of flour

1/2 tsp of salt,

1/8 tsp of pepper,

1/2 cup heavy cream,

2 cups HOT milk,

1/4 lb. or 4 slices of prosciutto ham finely sliced.

6 oz of green noodles (you want a wide noodle,

Tagliatelle if possible.)

1/4 cup of grated Parmesan cheese

PLEASE CONSIDER ANY ALLERGIES BEFORE PREPARING THIS RECIPE

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METHOD:

- 1. In a saucepan heat: 4 tablespoons of butter. Stir in 1/4 cup of flour, 1/2 teaspoon of salt, 1/8 teaspoon of pepper. Add 2 cups HOT milk and cook stirring until the sauce is smooth and thickened. Cook over low heat for 5 minutes. Stir in 1/2 cup of heavy cream.*
- 2. Preheat oven (you can also do this in a toaster oven) to 350 F*
- 3. Cook 6 oz of green noodles in 3 quarts of rapidly boiling water with one tablespoon of salt for 8 minutes. Drain, rinse with hot water and empty into a shallow baking dish. (I use two small ones). Toss with two tablespoons of butter and cream sauce.*
- 4. On the top arrange slightly overlapping thin slices of prosciutto ham. You'll use about a 1/4 lb in all. Sprinkle with a 1/4 cup of grated Parmesan cheese and two tablespoons of melted butter.*
- 5. Bake in a moderate oven for 10 minutes and serve with additional freshly grated Parmesan.*