



# Yuletide Pastitsio Bake

## My Cozy Kitchen Memory

I first tasted pastitsio at my friend Sophia's house. Her Yia Yia made it every Christmas Eve. The smell filled their whole home. It was warm and spiced and wonderful.

I knew I had to learn to make it. Sophia's family shared their recipe with me. I still laugh at that. I was so happy I danced a little jig in their kitchen. Now, it's my own Yuletide tradition.

## Why We Mix Baking Soda

You might see the baking soda step and wonder. It matters more than you think. It makes the ground beef tender and juicy.

Without it, the meat can get tough. We want every bite to be soft and full of flavor. This little trick is a kitchen secret. It makes a big difference in the final dish.

## **The Magic of the Spices**

Now, let's talk about the cinnamon and mint. Doesn't that smell amazing? It might seem odd for a meat sauce. But trust this old grandma.

It creates a special, cozy taste. \*Fun fact: This spice mix is very common in Greek cooking. It tells a story of sunny places and old family kitchens.\* The flavors all sing together. What's a spice mix that always reminds you of home?

## **Building Your Layers**

Making the béchamel sauce is simple. Just stir and whisk. When you add the milk, go slow. This keeps the sauce smooth, not lumpy.

Layering is the fun part. Pasta, then cheese, then meat, then sauce. Each layer matters. It's like building a flavor house. Every floor has its own job. Do you like recipes where you build layers like this?

## **The Heart of the Meal**

This dish is more than food. It is about sharing and comfort. That is why it matters. It is made to feed a table full of people you love.

The long bake time fills your house with hope. The wait is worth it. When it comes out, puffed and golden, everyone gathers. That is the real recipe. What's your favorite dish to share with everyone during the

holidays?

See also Creamy Cashew Christmas Mac

## Ingredients:

Ingredient	Amount	Notes
Table salt	¾ teaspoon	For meat sauce
Baking soda	¼ teaspoon	For meat sauce
Water	1 tablespoon + ½ cup, divided	For meat sauce
93% lean ground beef	8 ounces	For meat sauce
Vegetable oil	1 tablespoon	For meat sauce
Onion, finely chopped	½ cup	For meat sauce
Garlic cloves, minced	3 cloves	For meat sauce
Ground cinnamon	1 ¼ teaspoons	For meat sauce
Dried oregano	1 teaspoon	For meat sauce
Dried mint	1 teaspoon	For meat sauce
Paprika	1 teaspoon	For meat sauce
Red pepper flakes	⅛ teaspoon	For meat sauce
Pepper	⅛ teaspoon	For meat sauce
Red wine	¼ cup	For meat sauce
Tomato paste	⅓ cup	For meat sauce
Unsalted butter	2 tablespoons	For béchamel
All-purpose flour	2 tablespoons	For béchamel
Garlic clove, minced	1 clove	For béchamel
Table salt	½ teaspoon	For béchamel
Grated nutmeg	¼ teaspoon	For béchamel
Pepper	⅛ teaspoon	For béchamel

Ingredient	Amount	Notes
Whole milk	4 cups	For béchamel
Ziti	8 ounces (2½ cups)	For pasta
Kasseri cheese, shredded	4 ounces (1 cup), divided	For assembly
Large egg, lightly beaten	1	For béchamel



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### Instructions

**Step 1:** First, make your meat sauce cozy. Mix the salt, baking soda, and one tablespoon of water. Toss your ground beef in it. This keeps the beef tender. Set it aside for now. Heat the oil in your pan. Cook the chopped onion until it's soft. Doesn't that smell amazing already?

**Step 2:** Now, stir in all those lovely spices. Add the garlic, cinnamon, oregano, mint, paprika, and peppers. Cook for just a minute. Your kitchen will smell like a holiday. Pour in the red wine. Let it cook down and get thick. This is the secret for deep flavor.

**Step 3:** Time for the tomato paste and your beef. Add them with the half cup of water. Break the meat up into tiny pieces as it cooks. Once it's not pink, let it all simmer quietly. Give it a full thirty minutes. (A low, slow simmer makes the best sauce!)

See also [Spiced Pear and Ginger Holiday Crisp](#)

**Step 4:** While that simmers, heat your oven. Make the béchamel sauce. Melt butter, then stir in flour and garlic. Cook until it's golden. Whisk in the milk slowly. Bring it to a boil. Now, add the dry ziti right into this milky sauce. Can you guess why we add the pasta now? Share below!

**Step 5:** Take the pan off the heat. Cover it and let it sit for fifteen minutes. The pasta will drink up the milk. Use a slotted spoon to move the pasta to your greased dish. Leave extra sauce in the pan. Stir some cheese into the pasta and press it down. I still laugh at how hungry I get now.

**Step 6:** Finish your béchamel. Whisk more cheese and the egg into the

milky sauce left in your pan. Now, layer it all. Spread the meat sauce over the pasta. Pour the béchamel over the top. Sprinkle with the last of the cheese. It's like building a delicious, warm blanket.

**Step 7:** Bake it until the top is puffy and golden brown. This takes about forty-five minutes. Let your pastitsio rest for twenty minutes after. This wait is the hardest part. But it helps everything set just right. Then, slice and serve your masterpiece.

## Creative Twists

This dish loves a little change. Try using ground lamb instead of beef. It's traditional and so rich. For a veggie twist, use lentils and chopped mushrooms. They soak up the spices beautifully. Feeling cheesy? Swap the kasseri for a mix of parmesan and mozzarella. It makes a wonderfully gooey top. Which one would you try first? Comment below!

See also [Frosted Spiced Carrot Cookie Bites](#)

## Serving & Pairing Ideas

This bake is a full meal by itself. I love it with a simple, crisp salad on the side. Some buttery steamed green beans are lovely too. For a drink, a glass of red wine like a Shiraz pairs perfectly. For a cozy non-alcoholic sip, try sparkling apple cider. It feels festive. Which would you choose tonight?



## Yuletide Pastitsio Bake

# Keeping Your Pastitsio Cozy for Later

Let's talk about storing this lovely bake. Cool it completely first. Then, cover the dish tightly. It will be happy in your fridge for three days. You can also freeze it for one month. Wrap the whole dish well in foil first.

To reheat, let a frozen one thaw in the fridge overnight. Then, warm it in a 350-degree oven. Cover it with foil so the top doesn't burn. I once reheated it without a cover. The top got too dark, but it still tasted wonderful.

Why does this matter? A good storage plan means less waste. It also gives you a ready-made feast on a busy night. You can even make two and freeze one for later. **Have you ever tried storing it this way? Share below!**

# Simple Fixes for Common Hiccups

First, a watery béchamel sauce. If yours seems thin, just keep cooking. Stir it over medium heat for a few more minutes. It will thicken up nicely as it simmers.

Second, dry meat sauce. If yours looks dry while simmering, add a splash of water. I remember when I forgot to cover the pan. A little extra water saved the day. This matters because a moist sauce makes the whole dish rich.

Third, the top browning too fast. If it's getting dark, just lay a piece of foil over it. This simple trick protects it. A perfect bake builds your kitchen confidence. **Which of these problems have you run into before?**

## Your Quick Questions, Answered

### **Q: Can I make this gluten-free?**

A: Yes! Use your favorite gluten-free pasta and flour. The method stays the same.

### **Q: Can I make it ahead?**

A: Absolutely. Assemble the whole dish, cover, and refrigerate. Just add 10 minutes to the bake time.

### **Q: What if I can't find kasseri cheese?**

A: Pecorino Romano or a mild provolone work well. The dish will still be delicious.

### **Q: Can I double the recipe?**

A: You can! Use a 9×13 inch dish. You may need a few extra minutes in the oven.

### **Q: Any optional tips?**

A: A *fun fact*: the cinnamon is traditional. It gives a warm, special flavor that feels like a hug. **Which tip will you try first?**

## **From My Kitchen to Yours**

I hope you love making this Yuletide Pastitsio. It fills the house with the best smells. Cooking is about sharing stories and good food.

I would love to hear about your cooking adventure. Tell me all about it in the comments. **Have you tried this recipe?** Your stories are my favorite thing to read.

Happy cooking!  
—Elowen Thorn.



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