**CANNELLONI**

This is a 2-day lab; one recipe per unit.

For those who don’t eat beef, ground turkey or chicken, or textured vegetable protein may be substituted.

**PASTA:**

1. Beat egg lightly with a fork.
2. Add beaten egg and salt to water.
3. Make a well in flour and add liquid in the well.
4. Knead the mixture until smooth and satiny, at least 5 minutes. Cover with a bowl and let rest 10 min.
5. Roll out dough with a pasta machine or rolling pin until very thin and almost transparent.
6. Cut into 6 squares, about 4½” (10-11 cm) each.

1 med egg

50 mL lukewarm water

1 mL salt

250 mL flour

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**TOMATO SAUCE:**

1. Brown onions in oil in a small saucepan (pot).
2. Add the remaining ingredients.
3. **Simmer** for 10-15 minutes, stirring occasionally.
4. If sauce becomes **too** thick, add a little water.
5. Taste sauce occasionally with a **clean** tasting spoon. If the sauce tastes bitter, add 2-5 mL of sugar to balance the flavour.
6. Set aside to cool.

15 mL oil

15 mL chopped onion

1 clove garlic, minced

15 mL parsley, finely chopped

1 mL **EACH** of basil,

 oregano, salt, pepper

375 mL whole, canned tomatoes,

 crushed

15 mL tomato paste

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**MEAT FILLING:**

1. Brown the ground beef in a non-stick frying pan. Preheat pan for 1-2 minutes with a little oil to prevent sticking, if necessary.
2. Remove from pan to cool. Drain on paper towel, if necessary, to remove excess fat.
3. In a medium mixing bowl, combine **cooled** beef with egg, **80 mL** of the tomato sauce and **50 mL** of mozzarella. Set aside.

225 g lean ground beef

½ med egg

100 mL grated mozzarella

 Cheese

25 mL Parmesan cheese

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**WHITE SAUCE:**

1. Melt margarine on medium heat.
2. Stir in flour to make a roux.
3. **Gradually** add milk while continually but very slowly scraping the bottom of the pot with a rubber spatula.
4. Cook, slowly scraping the bottom of the pot, until the mixture begins to simmer.
5. Continue cooking and scraping until sauce thickens, about 2 minutes of simmering.

15 mL margarine

15 mL flour

125 mL milk

Foods 11-12(A)

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**DAY 1:**

* Prepare all components and assemble cannelloni
* Wrap, label and store in fridge or freezer (defrost before baking).

**To assemble cannelloni:**

1. Fill each square of pasta with a strip of meat filling and roll into a cigar shape.
2. Spread a little tomato sauce in the bottom of a pan to prevent pasta from sticking.
3. Arrange the filled cannelloni in the pan in a single layer.
4. Pour the white sauce over the cannelloni.
5. Pour the remaining tomato sauce over the white sauce.
6. Sprinkle with mozzarella and Parmesan cheeses.

**DAY 2:**

* Preheat oven to 350ºF. Bake cannelloni, uncovered, for 30-45 minutes, until heated through completely and pasta is cooked. Centre of cannelloni will need to bubble for a minimum of 3-5 minutes to ensure pasta is cooked.
* Meanwhile, finish Pasta questions and notes, and review for upcoming test.
* Serve cannelloni on individual plates and enjoy while hot.
* For a complete meal at home, serve with garden or Caesar salad and possibly garlic bread.
* Serve frozen Biscuit Tortoni for dessert.

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