

Cannelloni

Meat Filling:

15mL oil
125g ground beef/turkey/chicken
125mL bread crumbs
50mL milk
1 egg, beaten
75mL grated mozzarella
f.g. salt, pepper, oregano, garlic powder

1. Heat oil in a frying pan on medium heat. Brown meat thoroughly.
2. Add remaining ingredients to the meat. Mix well. Set aside to cool.

Pasta:

1 egg
1mL salt
5mL oil
125mL flour

1. Beat egg, salt and oil in a small bowl. Add flour gradually, until it becomes difficult to mix.
2. Knead in the remaining flour until it becomes smooth and is no longer sticky. Cover the dough with a bowl and allow to rest for 5 minutes.
3. Roll the dough to form a square about 40cm x 40cm. Cut into 4 equal pieces. Fill a large saucepan with water. Add salt and bring to a boil. Cook pasta in an uncovered pot until it is al dente, approximately 3 minutes. Drain, rinse in cool water and drain again to get excess water off.
4. Divide meat filling evenly between 4 pasta squares. Spread it evenly, roll it up and place in a lightly greased cake pan.

Mornay Sauce

15mL margarine
15mL flour
15mL finely chopped onion
f.g. salt and pepper
½ chicken oxo cube
250mL creamo
50mL grated Swiss cheese

1. Preheat oven to 400°F.
2. Melt margarine in a saucepan on medium heat. Sauté onions in the margarine until translucent. Stir in flour to form a smooth paste (roux).
3. Add salt, pepper and oxo cube. Add cream gradually. Keep stirring. Bring the mixture to a gentle boil on medium heat, stirring constantly. Let boil for 2 minutes.
4. Stir in grated cheese until it melts. Remove from heat. Do not overcook as the emulsion will separate.
5. Pour sauce over the cannelloni making sure all are covered. Cover with foil. Bake for 25 minutes or until sauce is bubbly.
6. Serve immediately.