Cannelloni
Mariola’s Italian Kitchen

INGREDIENTS

Noodles:
• You can make your own pasta sheets or use a box of lasagna noodles

Meat Filling:
• 1lb. grown beef
• 1 package chopped spinach (optional)
• 1 package cream cheese
• 1 cup Parmesan cheese
• 1 - 15 oz. container of ricotta
• Salt, pepper, nutmeg, cloves, to taste
• Grated lemon
• 2 eggs

Brown ground beef in skillet, then let cool. If using spinach, boil it, drain and when cool, squeeze out excess water. Add to meat. Add in all the rest of the ingredients and mix well. Refrigerate until you use it.

Besciamella Sauce:
1-2 sticks of butter
1/2 cup flour
1/2 gallon of milk
Salt to taste

Melt butter. Add salt and 1 cup of milk. Add flour. With a whisk stir constantly to remove any lumps of flour. When thick and creamy, gradually add more milk - stirring constantly. Continue this process until all milk is used and the cream comes to a boil.

*Note: If sauce won’t thicken, add 1 tablespoon of corn starch or more flour.
*Note: Flour may lump so stir vigorously.
DIRECTIONS
Prepare dough/noodles.

For homemade dough, cut into squares about 4 to 5 inches in width and length. Add a few pieces at a time into lightly salted boiling water. Cook for about 1 minute. Remove with a hand strainer (leaving water on stove to continue boiling.) Place the cooked pasta into cold water in a large bowl to stop the cooking process. Remove the pasta from the cold water and lay flat on a dish cloth lined with paper towel. Repeat process with rest.

For store bought noodles, cook according to directions on package minus 2-3 minutes of cooking time. Place in cold water, lay flat to dry, and then cut into 4 to 5-inch squares.

Assembly:
Fill each square of cooked pasta with the filling. I personally prefer to scatter the filling into small clumps over the entire piece of pasta, as opposed to one thick log. But if you prefer, you can make a log of filling in the center of the dough, extending from one side to the other.

Once you add your filling, roll the pasta from one end to the other making a log. Place into a “9x13” baking dish and continue process until the dish is full.

Next cover the rolls with your Bolognese sauce and about 2 cups of the Besciamella sauce. And finally, sprinkle with Parmesan cheese.

Bake at 375 degrees Fahrenheit for 1 hour covered with foil. Uncover after an hour and continue to bake for another 15-20 minutes.

*Chef’s Note:
The filling can be made with cheese only. Just replace the meat with shredded mozzarella and shredded white cheddar.