




Vegetarian cannelloni






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 75 minutes
	Difficulty	Average - For amateurs
	Portion size	12 people

Features

	Dish	Vegetarian - Cannelloni
	Typical product	Tomato - 0 km
	Suitable in	Autumn - Tasty lunches

INGREDIENTS

Cannelloni

- 450 g frozen pasta dough or dried pasta for cooking
- 24 ml sunflower oil

Filling

- 450 g Ricotta Romana
- 180 g grated Parmigiano Reggiano
- 120 g frozen spinach leaves
- 84 g butter
- salt and pepper to taste
- 1.2 l bechamel sauce
- 180 ml tomato sauce

Bechamel sauce

- 46 g butter
- 55 g plain flour
- 960 ml pasteurised milk
- 200 ml double cream
- salt and pepper to taste
- nutmeg to taste

Tomato sauce

- 20 ml extra virgin olive oil
- 14 g onion
- garlic
- 180 g peeled plum tomatoes
- pinch of sugar
- salt and pepper to taste
- a few basil leaves

Cannelloni

PREPARATION

1. Blanch and cool the spinach;
2. Drain the spinach well, press down to remove the remaining water and chop it finely;
3. Oil a gratin dish;
4. Make the bechamel sauce and the tomato sauce;
5. Mix the ricotta, Parmigiano Reggiano and the spinach together;

(NB: the quantity of Parmigiano can vary depending on the ricotta; if it is very “creamy” you should add more Parmigiano)

6. Leave to rest in the fridge;
7. Roll the egg pasta out very thinly and cut it into 15 x 10 cm rectangles;
8. Cook the pasta in salted boiling water and then cool it in cold water;
9. Drain the cooled pasta and lay it out on a dry cloth;
10. Place the mixture in a pastry bag and form the cannelloni;
11. Pour a small amount of the bechamel sauce onto the bottom of the oiled dish;
12. Arrange the cannelloni in a neat line and cover them carefully, ensuring they are completely covered by the bechamel sauce;

(NB: if they are not well covered the pasta will be dry!)

13. Spread the tomato sauce over the centre of the cannelloni;
14. Dust them with the Parmigiano Reggiano and dot with butter;
15. Bake in the oven at 180 °C for 35–45 minutes.

Bechamel sauce

1. Melt the butter in a saucepan, add the flour and leave to fry for a moment (roux);
2. Bring the milk to the boil and in the meantime season it with salt, pepper and nutmeg;
3. Pour half the milk over the roux, mixing it carefully with a whisk to prevent lumps from forming;

(NB: the sauce will be quite thick: this will allow you to make it nice and smooth, while avoiding lumps)

4. Then add the rest of the milk, stirring vigorously;
5. Bring back to the boil, taking care to stir it constantly with a reduction spatula to prevent it sticking to the bottom;
6. Reduce the temperature and, continuing to stir from time to time with the reduction spatula, cook the sauce for at least 20 minutes;
7. Add the cream, bring to the boil and season to taste;
8. Pass the sauce through a chinois strainer if necessary.

Tomato sauce

1. Peel the onions and chop them finely;
2. Peel the garlic and chop it finely (without the sprout);
3. Chop the basil finely;
4. Sweat the onion in the olive oil;
5. Add the garlic and leave it to cook for a moment;

Plating up

6. Add the chopped tomatoes and bring to the boil;
7. Add the sugar and season with salt and pepper;
8. Leave to simmer for around fifteen minutes, removing any foam if necessary;
9. Blend the sauce with a handheld blender;
10. Season to taste and add the chopped basil and extra virgin olive oil.

(NB: Reduce the sauce if it is too runny)

Arrange a portion of cannelloni on a plate and serve hot.