

CANNELLONI WITH MEAT

Elaboration time (min): 60 min

Type of dish: Pasta, Meats

Temperature: Hot

INGREDIENTS FOR 5 PORTIONS

Cannelloni	15.0 ud	Onion	0.075 kg
Minced meat	0.25 kg	Pork pate	0.1 kg
Tomato sauce	0.25 l	Sterilised milk	0.75 l
Goxo flour (W 190 - 270)	0.03 kg	Margarine	0.03 kg
Ground white pepper	0.25 g	Ground nutmeg	0.25 g
Grated cheese	0.05 kg	Table salt	3.75 g
Sunflower oil 0.2°	0.013 l		

ELABORATION

For the stuffing or filling

- Brunoise the onion.
- Mince the beef.
- Add some olive oil, fry the onion lightly and add the minced beef. Remove until everything in the pan is cooked. Degrease it.
- Add the pâté to the rest of the ingredients and mix. In order to colour the filling, add some tomato sauce and then season it.
- Pass the filling through a meat mincer or a meat cutter machine to get a texture that is smooth, but not too thick.
- Boil the cannelloni tubes with salted boiling water and once they are boiled, pour over cold water to cool them down. Lay the cannelloni tubes on a greased baking dish to stop them from sticking.

For the tomato sauce

- For the béchamel sauce
- Make a béchamel sauce with a roux made with 50 g of butter and 50 g of flour per litre of milk. Colour the béchamel with some tomato sauce and season it.

SET UP

- Fill the cannelloni with the stuffing and roll them into cylinders.
- Pour a bit of tomato sauce on the base of a baking dish, place the cannelloni on top, pour the béchamel sauce with tomato and sprinkle with grated cheese.
- Bake in the oven at 180 °C.
- Use a spatula to place 3 or 4 units per serving in the middle of the dish.

> INGREDIENTS FOR TOMATO SAUCE (0.25 L)

Onion	0.083 kg	Garlic	0.133 ud
Green bell pepper	0.05 kg	Diced tomato	0.333 kg
Sunflower oil 0.2°	0.008 l	Table salt	0.117 g
Sugar	0.0 kg		