

Meat Cannelloni

INGREDIENTS

(16 cannelloni, 5 portions)

For the fresh pasta (you can buy lasagna sheets instead):

150 gr of soft wheat flour

50 gr of durum wheat flour

2 large whole eggs

salt

Filling:

250 gr of beef

150 gr of sausage

400 gr of tomato sauce

2 tablespoons of extra virgin olive oil

2 generous tablespoons of grated Parmigiano Reggiano

1/2 onion

1 piece of celery

1 piece of carrot

1/2 glass of red wine

salt

300 gr of mozzarella or provola cheese, well drained

Sauce:

300 gr of tomato sauce

a drizzle of oil

salt

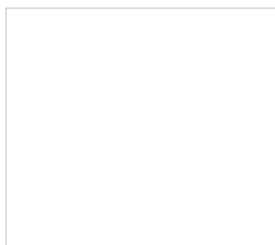
[Multicultural Harmonia EVOO, Frantoio Converso](#)

[San Marzano Tomatoes, Fontanella](#)

[Parmigiano Reggiano, Belcanto](#)



Wine pairing suggestions



[Primitivo di Manduria, Tenuta Giustini](#)

Description

Cannelloni stuffed with meat with tomato sauce is a traditional recipe part of the Italian culinary tradition, it is a very easy and simple recipe, often eaten as one of the main course during bank holidays and special occasions. Cannelloni are shaped like cannoli, this recipe uses minced meat but can also be stuffed with ricotta and spinach for a vegetarian option.

Preparation

Lets start with preparing the filling. Chop the carrot, celery and onion finely, fry them for 1 minute with oil, then add the minced meat and the sausage without the casing, let it brown for 2 minutes. Add the wine and let it evaporate on a very high flame for about 3 minutes, then add the tomatoes (previously blended).For the vegetarian sauce, replace the meat with ricotta and spinach.

Let it boil, then lower the heat and cook on low heat with the lid on for at least 40 – 50 minutes when the sauce should be creamy and dense, then add salt and pepper. Let it cool completely.

In the meantime, prepare the egg pasta, making a fountain of flour with the ingredients in the center, mix first with a fork and then by hand until you get a soft mixture. Form a ball and set aside in cling film at room temperature for 30 minutes.

Finally, prepare the sauce to season, placing the remaining tomatoes on pan, oil, cook for 15 minutes, add salt and set aside.

Then take the fresh pasta dough and roll out the thin sheet with a pasta machine or by hand, helping yourself with plenty of flour, forming thin pasta squares of 8 – 10 cm.

When all the ingredients are perfectly cold you can proceed with the recipe.

Then pour 1 ladle of sauce into a pan, fill each rectangle with 2 – 3 teaspoons of filling and if you like add mozzarella.

Then close by rolling into a cylinder shape and place in the pan.

Continue until you have no more pasta sheets or sauce and cover with 2 ladles of sauce, with a generous sprinkling of Parmigiano Reggiano.

Bake in a oven at 180° for 20 – 25 minutes. Remove from the oven and let it cool.

Your cannelloni are ready!

The cannelloni can be stored in the refrigerator covered with cling film for 2-3 days or can be frozen after cooking, perhaps already divided into portions, ready to be defrosted and eaten.