

Cannelloni

Ingredients for Meat Sauce: To be complete at home

400g Canned Chopped Tomatoes
250g Mince Beef, Lamb or Turkey
1 Onion
1 Clove of Garlic
1 Carrot
1 Celery Stick (Optional)
1 Tablespoon of Oil
1 Tablespoon Tomato Puree (Optional)
1 Teaspoon Mixed Herbs
Additional Vegetables: Peppers, Mushrooms, Courgettes (Optional)
Black Pepper
Salt

Ingredients for Pasta: To be completed at school

100g '00 Pasta Flour' or Strong Plain Flour
1 Egg
Pinch Salt: School to Provide

Ingredients for Béchamel Sauce: Roux Method: To be completed at school

300ml Semi-Skimmed Milk
100g Cheddar Cheese
30g Butter
30g Plain Flour
½ Teaspoon Mustard Powder (Optional)
Salt: School to Provide
Pepper: School to Provide

Method: To be completed at home

1. Weigh and measure out all ingredients accurately.
2. Finely chop the onions and any other vegetables.
3. Fry the mince meat, garlic and any hard vegetables (e.g. carrot, celery and onions) in the oil until the meat has changed colour (red to brown).
4. Add and any additional vegetables to the saucepan, cook for about 5 – 10 minutes until the vegetables start to go soft.
5. Stir in the tinned tomatoes, tomato puree, mixed herbs, salt and pepper. Reduce the heat and simmer for 8 - 10 minutes.
6. Allow to cool and store in the fridge ready to bring into school for the practical lesson.

Method: To be completed at school

1. Make your own pasta:
 - Place the flour and salt onto the worktop in a heap.
 - Crack the egg into a small bowl and beat with a fork until it is mixed well.
 - Make a well in the center of the flour and pour in the beaten egg.
 - Bring the mixture together using your fingertips until a soft dough is formed. Add a little more flour if it is too sticky or additional egg if too dry.
 - Knead well until the dough is no longer sticky / dry, it needs to be elastic.
 - Wrap the dough in cling-film and leave in the fridge for at least 15 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
2. Meanwhile for the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
3. Place a small saucepan at the front of the hob, DO NOT turn it on.
4. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and mustard powder and continue heating it for 30 seconds, stirring it all the time.
5. Remove the saucepan from the heat and place it on a pan stand.
6. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
7. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
8. Remove the saucepan from the heat, place onto a pan stand. Add ¾ of the grated cheese. Stir until cheese has melted. Season.
9. Remove the pasta from the fridge and using the pasta machine make sheets of pasta. Start on the thickest setting and work down to make the pasta sheets thin, sprinkle with flour to prevent the pasta dough from sticking. Using a sharp knife, cut the pasta sheets into sheets, these must be wide enough to fit the dish.
10. Lay the first pasta sheet onto the work surface and add some mince meat sauce, roll the pasta sheet around the meat mixture until a tube is formed. Lay the rolled pasta sheets into the bottom of the ovenproof dish. Continue until the base of the dish is covered in rolled pasta sheets.
11. Pour the cheese sauce over the top.
12. Sprinkle the top with the remaining cheese.
13. **To be completed at home:** Bake in the oven at 190°C / Gas Mark 5 for approximately 25 - 45 minutes or until the dish is piping hot all the way through. You may want to cover the dish with tin-foil and remove during the final 10 minutes of cooking to ensure the top goes golden. Use a food probe to check the core temperature reaches 75°C.



Homework: The meat filling must be prepared and made at home.

Please bring a square or rectangular ovenproof dish and a piece of tin foil to cover and take your cannelloni home in.